

# Blue Cross® VIRTUAL WELL-BEING

## Webinar schedule for third quarter 2019

Click on webinar title to register.

### Employer webinars

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**July 2, 2019**

Blue Cross® Health & Wellness Website Demo

**July 9, 2019**

Encouraging Your Employees to Take Vacations

**July 16, 2019**

Starting a Farmers Market in the Office

**July 23, 2019**

The Importance Green Space in Business

**July 30, 2019**

The Value of Vaccines

**August 6, 2019**

Supporting Employees Working to Enhance Their Skills

**August 13, 2019**

Supporting Parents at Work

**August 20, 2019**

The Importance of Preventive Care

**August 27, 2019**

Consumerism: Drug Ads

**September 3, 2019**

Empower your Employees to Make Healthy Lifestyle Changes to Regulate Blood Sugars and Prevent Type 2 Diabetes

**September 10, 2019**

Proper Use of Care

**September 17, 2019**

Cancer Awareness

**September 24, 2019**

Healthy Nutrition at Work

## Member webinars

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**July 3, 2019**

Blue Cross® Health & Wellness Website Demo

**July 11, 2019**

Keep Active and Safe During Vacations

**July 18, 2019**

Healthy Summer Eating

**July 25, 2019**

Rejuvenate with Nature

**August 1, 2019**

The Value of Vaccines

**August 8, 2019**

College Well-Being

**August 15, 2019**

Prepare Your Kids for School

**August 22, 2019**

The Power of Preventive Care

**August 29, 2019**

Consumerism: Drug Ads

**September 5, 2019**

Learn How to Make Healthy Lifestyle Changes to Control Blood Sugars and Fight Diabetes

**September 12, 2019**

Proper Use of Care

**September 19, 2019**

Cancer Awareness

**September 26, 2019**

Nutritional Trends



Confidence comes with every card.®

**All webinars begin at noon Eastern time.  
Register for webinars at [bluecrossvirtualwellbeing.com](http://bluecrossvirtualwellbeing.com).**