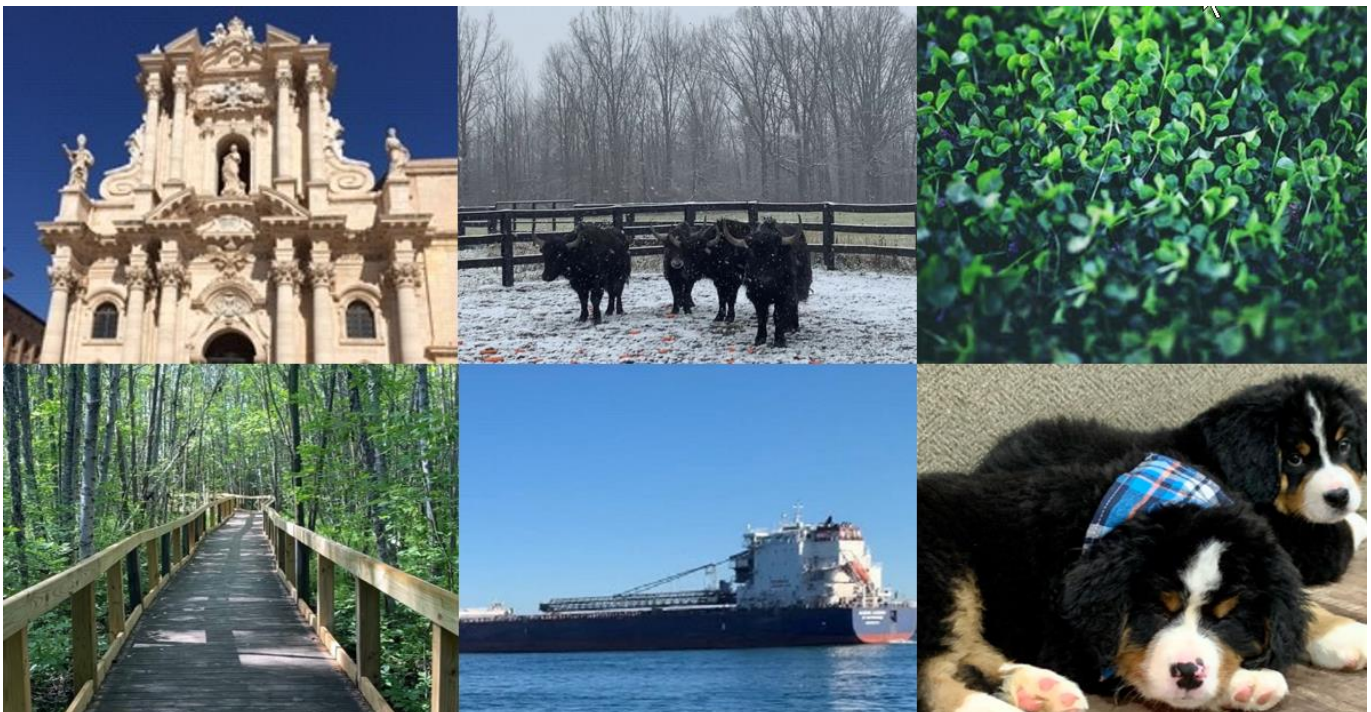


## Weekly meditations

Take a walk through the woods or breathe deeply while watching it snow on a Tibetan yak. Each week, you'll be treated to beautiful scenery, adorable animals or places from around the world during our free, guided meditations.



**Time:** Wednesday at noon Eastern time

**To register for live session:** Go to [BlueCrossVirtualWellbeing.com](https://BlueCrossVirtualWellbeing.com). Select the meditation you want to attend and complete the registration form. You'll receive a confirmation and reminder email.

**To view on demand:** Go to [BlueCrossVirtualWellbeing.com](https://BlueCrossVirtualWellbeing.com). Select the **Past Webinars** tab.

Send questions or feedback to [BlueCrossVirtualWell-Being@bcbsm.com](mailto:BlueCrossVirtualWell-Being@bcbsm.com).