Second Quarter 2023 Calendar

**Employer webinars**

**Title: Flex5 Lifestyle Tips by Dr. Rifai**

**Date:** April 4, 2023

**Time:** 12 to 12:30 p.m. Eastern time

**Description:** Join us as Dr. Rifai explains his Flex5 Lifestyle approach to understanding your body and making the most of your metabolism. You will also learn how to improve your relationships with food and address emotional eating. **An employee version of this webinar to be used for your well-being program can be found** [**here**](https://attendee.gotowebinar.com/register/5079272457027366416)**.**

**Link:** <https://attendee.gotowebinar.com/register/3636845142780200463>

**Image: Dr. Rifai group**

**Title: Seven Tips for a Successful Garden**

**Date:** April 11, 2023

**Time:** 12 to 12:30 p.m. Eastern time

**Description:** Gardening has been proven to decrease stress and improve overall well-being. Leverage these benefits through a worksite garden, home garden or volunteering at a community garden. Join us to learn Cindy and Marissa’s seven tips for growing a successful garden. **An employee version of this webinar to be used for your well-being program can be found** [**here**](https://attendee.gotowebinar.com/register/8183636885425026571)**.**

**Link:** <https://attendee.gotowebinar.com/register/6301964571486072589>

**Image: garden group**

**Title: Popular Functional Training Moves Demonstration**

**Date:** April 18, 2023

**Time:** 12 to 12:30 p.m. Eastern time

**Description:** Join us in Marissa’s gym as she demonstrates popular functional training moves that improve strength, balance, flexibility and the ability to perform daily activities safely. **An employee version of this webinar to be used for your well-being program can be found** [**here**](https://attendee.gotowebinar.com/register/8551210219660326671)**.**

**Link:** <https://attendee.gotowebinar.com/register/8021174146816183054>

**Image: functional group**

**Title: Brrr! Take a Cold Plunge with Cindy and Marissa**

**Date:** April 25, 2023

**Time:** 12 to 12:30 p.m. Eastern time

**Description:** Join us as we discuss the ancient practice of cold plunging and its benefits to your physical and mental well-being. Cindy and Marissa will demonstrate a cold plunge in a northern Michigan lake. **An employee version of this webinar to be used for your well-being program can be found** [**here**](https://attendee.gotowebinar.com/register/6312816751252572172)**.**

**Link:** <https://attendee.gotowebinar.com/register/3213149436528479756>

**Image: cold plunge group**

Title: **Birding and the Brain**

Date: May 2, 2023

Time: 12 to 12:30 p.m. Eastern time

Description: Join us to learn why listening to and watching birds may improve your brain health and well-being. Researchers have found that watching birds at a bird feeder for 10 minutes can boost your mood. **An employee version of this webinar to be used for your well-being program can be found** [**here**](https://attendee.gotowebinar.com/register/2244990965365064720)**.**

**Link:** <https://attendee.gotowebinar.com/register/6341510706202348045>

**Image: bird group**

**Title: Dr. Himabindu Chandraskhar Discusses Pelvic Floor Health for Men and Women**

**Date:** May 9, 2023

**Time:** 12 to 12:30 p.m. Eastern time

**Description:** Join us for a discussion with Dr. Himabindu Chandraskhar on ways to keep the pelvic floor healthy and signs and symptoms of pelvic floor dysfunction. **An employee version of this webinar to be used for your well-being program can be found** [**here**](https://attendee.gotowebinar.com/register/5197575510129640204)**.**

**Link:** <https://attendee.gotowebinar.com/register/3455016705871791888>

**Image**: **pelvic floor group**

**Title: The Diabetes Plate Method Explained by a Registered Dietician**

**Date:** May 16, 2023

**Time:** 12 to 12:30 p.m. Eastern time

**Description:** Join us for a discussion with Katie Tymkew, registered dietician, as she reviews the Diabetes Plate Method. This method helps manage diabetes and pre-diabetes by providing a properly balanced diet using portions that are separated based on food types placed on the plate. **An employee version of this webinar to be used for your well-being program can be found** [**here**](https://attendee.gotowebinar.com/register/2354658454142729484)**.**

**Link:** <https://attendee.gotowebinar.com/register/9149016890705153292>

**Image: diabetes group**

**Title: Eric Hipple Speaks on Moving from Conditional to Unconditional Self-Acceptance**

**Date:** May 23, 2023

**Time:** 12 to 12:30 p.m. Eastern time

**Description:** Join us as Eric Hipple discusses how moving from conditional self-acceptance to unconditional self-acceptance can lead to improved motivation resulting in enhanced mental health and well-being. **An employee version of this webinar to be used for your well-being program can be found** [**here**](https://attendee.gotowebinar.com/register/950499642100711949)**.**

**Link:** <https://attendee.gotowebinar.com/register/6176945701361537036>

**Image: Eric Hipple**

**Title: Learn to Ruck for Men’s Health Month**

**Date:** May 30, 2023

**Time:** 12 to 12:30 p.m. Eastern time

**Description:** Rucking has military origins and has expanded to the civilian population using weighted backpacks to improve strength and cardiovascular health. Chris Barr will join us to give an overview and demonstrate various rucking exercises. **An employee version of this webinar to be used for your well-being program can be found** [**here**](https://attendee.gotowebinar.com/register/4047278539778345740)**.**

**Link:** <https://attendee.gotowebinar.com/register/4103944070538727182>

**Image: rucking group**

**Title:****Dr. Jennifer Wulff Speaks on Falls Safety and Prevention**

**Date:** June 6, 2023

**Time:** 12 to 12:30 p.m. Eastern time

**Description:** Join us to learn how to prevent tripping hazards and falls. We will also demonstrate exercises you can incorporate into your daily routine to help improve your balance. **An employee version of this webinar to be used for your well-being program can be found** [**here**](https://attendee.gotowebinar.com/register/3605266069319392784).

**Link:** <https://attendee.gotowebinar.com/register/2787761581881577744>

**Image:** **falls group**

**Title: Two Women in Kayaks Go Fishing for Well-Being**

**Date:** June 13, 2023

**Time:** 12 to 12:30 p.m. Eastern time

**Description:** Join Cindy and Marissa in kayaks as they demonstrate how you can use fishing to improve your mood and overall well-being. Bonus, your catch may improve your heart health. **An employee version of this webinar to be used for your well-being program can be found** [**here**](https://attendee.gotowebinar.com/register/4737711368882186251)**.**

**Link:** <https://attendee.gotowebinar.com/register/6091476264488047374>

**Image:** **fishing group**

**Title: Celebrate Your Age**

**Date:** June 20, 2023

**Time:** 12 to 12:30 p.m. Eastern time

**Description:** Growing older is a gift you should celebrate. A positive self-perception of aging may lead to healthy behaviors and higher well-being. Join us as we discuss why you should celebrate your age and hear from people ages 65 to 100 on what they’ve learned about happiness, longevity and the wisdom they would share with others. **An employee version of this webinar to be used for your well-being program can be found** [**here**](https://attendee.gotowebinar.com/register/5089396760096124944)**.**

**Link:** <https://attendee.gotowebinar.com/register/2674799956267167245>

**Image: age group**

**Title: How to Avoid Procrastinating When It Comes to Your Healthy Habits**

**Date:** June 27, 2023

**Time:** 12 to 12:30 p.m. Eastern time

**Description:** Join us to learn the six different types of procrastinators and identify how you can avoid procrastinating to accomplish your healthy habits. **An employee version of this webinar to be used for your well-being program can be found** [**here**](https://attendee.gotowebinar.com/register/9036159718695761675)**.**

**Link:** <https://attendee.gotowebinar.com/register/9028256429115052300>

**Image: procrastinate group**

**All webinars begin at noon Eastern time.**

**Register for all webinars at** [**bluecrossvirtualwellbeing.com**](http://www.bluecrossvirtualwellbeing.com)

**Second Quarter 2023 Calendar**

**Member webinars**

**Title: Flex5 Lifestyle Tips by Dr. Rifai and the Drop 5 Virtual Weight-Loss Community**

**Date:** April 6, 2023

**Time:** 12 to 12:30 p.m. Eastern time

**Description:** Join us as Dr. Rifai explains his Flex5 Lifestyle approach to understanding your body and making the most of your metabolism. You will also learn how to improve your relationships with food and address emotional eating. **Session will include the Drop 5 Virtual Weight-Loss Community.**

**Link:** <https://attendee.gotowebinar.com/register/5079272457027366416>

**Image: Dr. Rifai member**

**Title: Seven Tips for a Successful Garden and the Drop 5 Virtual Weight-Loss Community**

**Date:** April 13, 2023

**Time:** 12 to 12:30 p.m. Eastern time

**Description:** Join us to learn Cindy and Marissa’s seven tips for growing a successful garden. **Session will include the Drop 5 Virtual Weight-Loss Community**.

**Link:** <https://attendee.gotowebinar.com/register/8183636885425026571>

**Image: garden member**

**Title: Popular Functional Training Moves Demonstration and the Drop 5 Virtual Weight-Loss Community**

**Date:** April 20, 2023

**Time:** 12 to 12:30 p.m. Eastern time

**Description:** Join us in Marissa’s gym as she demonstrates popular functional training moves that improve strength, balance, flexibility and the ability to perform daily activities safely. **Session will include the Drop 5 Virtual Weight-Loss Community.**

**Link:** <https://attendee.gotowebinar.com/register/8551210219660326671>

**Image: functional member**

**Title: Brr, Take a Cold Plunge with Cindy and Marissa and the Drop 5 Virtual Weight-Loss Community**

**Date:** April 27, 2023

**Time:** 12 to 12:30 p.m. Eastern time

**Description:** Join us as we discuss the ancient practice of cold plunging and its benefits to your physical and mental well-being. Cindy and Marissa will demonstrate a cold plunge in a northern Michigan lake. **Session will include the Drop 5 Virtual Weight-Loss Community**

**Link:** <https://attendee.gotowebinar.com/register/6312816751252572172>

**Image: cold plunge member**

**Title: Birding and the Brain and the Drop 5 Virtual Weight-Loss Community**

**Date:** May 4, 2023

**Time:** 12 to 12:30 p.m. Eastern time

**Description:** Join us to learn why listening to and watching birds may improve your brain health and well-being. Researchers have found that watching birds at a bird feeder for 10 minutes can boost your mood. **Session will include the Drop 5 Virtual Weight-Loss Community.**

**Link:** <https://attendee.gotowebinar.com/register/2244990965365064720>

**Image: bird member**

**Title: Dr. Himabindu Chandraskhar Discusses Pelvic Floor Health for Men and Women and the Drop 5 Virtual Weight-Loss Community**

**Date:** May 11, 2023

**Time:** 12 to 12:30 p.m. Eastern time

**Description:** Join us for a discussion with Dr. Himabindu Chandraskhar on ways to keep the pelvic floor healthy and signs and symptoms of pelvic floor dysfunction. **Session will include the Drop 5 Virtual Weight-Loss Community.**

**Link:** <https://attendee.gotowebinar.com/register/5197575510129640204>

**Image**: **pelvic floor member**

**Title: The Diabetes Plate Method Explained by a Registered Dietician and the Drop 5 Virtual Weight-Loss Community**

**Date:** May 18, 2023

**Time:** 12 to 12:30 p.m. Eastern time

**Description:** Join us for a discussion with Katie Tymkew, registered dietician, as she reviews the Diabetes Plate Method. This method helps manage diabetes and pre-diabetes by providing a properly balanced diet using portions that are separated based on food types placed on the plate. **Session will include the Drop 5 Virtual Weight-Loss Community.**

**Link:** <https://attendee.gotowebinar.com/register/2354658454142729484>

**Image: diabetes member**

**Title: Eric Hipple Speaks on Moving from Conditional to Unconditional Self-Acceptance and the Drop 5 Virtual Weight-Loss Community**

**Date:** May 25, 2023

**Time:** 12 to 12:30 p.m. Eastern time

**Description:** Join us as Eric Hipple discusses how moving from conditional self-acceptance to unconditional self-acceptance can lead to improved motivation resulting in enhanced mental health and well-being. **Session will include the Drop 5 Virtual Weight-Loss Community.**

**Link:** <https://attendee.gotowebinar.com/register/950499642100711949>

**Image: self acceptance - member**

**Title: Learn to Ruck for Men’s Health Month and the Drop 5 Virtual Weight-Loss Community**

**Date:** June 1, 2023

**Time:** 12 to 12:30 p.m. Eastern time

**Description:** Rucking has military origins and has expanded to the civilian population using weighted backpacks to improve strength and cardiovascular health. Chris Barr will join us to give an overview and demonstrate various rucking exercises. **Session will include the Drop 5 Virtual Weight-Loss Community.**

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**Image: rucking member**

**Title: Dr. Jennifer Wulff Speaks on Falls Safety and Prevention and the Drop 5 Virtual Weight-Loss Community**

**Date:** June 8, 2023

**Time:** 12 to 12:30 p.m. Eastern time

**Description:** Join us to learn how to prevent tripping hazards and falls. We will also demonstrate exercises you can incorporate into your daily routine to help improve your balance. **Session will include the Drop 5 Virtual Weight-Loss Community.**

**Link:** <https://attendee.gotowebinar.com/register/3605266069319392784>

**Image:** **falls member**

**Title: Two Women in Kayaks Go Fishing for Well-Being and the Drop 5 Virtual Weight-Loss Community**

**Date:** June 15, 2023

**Time:** 12 to 12:30 p.m. Eastern time

**Description:** Join Cindy and Marissa in kayaks as they demonstrate how you can use fishing to improve your mood and overall well-being. Bonus, your catch may improve your heart health. **Session will include the Drop 5 Virtual Weight-Loss Community.**

**Link:** <https://attendee.gotowebinar.com/register/4737711368882186251>

**Image: fishing member**

**Title: Celebrate Your Age and the Drop 5 Virtual Weight-Loss Community**

**Date:** June 22, 2023

**Time:** 12 to 12:30 p.m. Eastern time

**Description:** Growing older is a gift to celebrate. A positive self-perception of aging may lead to healthy behaviors and higher well-being. Join us as we discuss why you should celebrate your age and hear from people aged 65 to 100 on what they’ve learned about happiness, longevity and the wisdom they would share with others. **Session will include the Drop 5 Virtual Weight-Loss Community.**

**Link:** <https://attendee.gotowebinar.com/register/5089396760096124944>

**Image: age member**

**Title: How to Avoid Procrastinating When It Comes to Your Healthy Habits and the Drop 5 Virtual Weight-Loss Community**

**Date:** June 29, 2023

**Time:** 12 to 12:30 p.m. Eastern time

**Description:** Join us to learn the six different types of procrastinators and identify how you can avoid procrastinating to accomplish your healthy habits. **Session will include the Drop 5 Virtual Weight-Loss Community.**

**Link:** <https://attendee.gotowebinar.com/register/9036159718695761675>

**Image: procrastinate member**

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