



## Third Quarter 2023 Calendar

### Member webinars

#### **Dr. Teronto Robinson Discusses Urinary Incontinence**

July 6, 2023

12 to 12:30 p.m. Eastern time

Dr. Robinson joins us for a discussion on the various types of incontinence and the importance of working with a physician to address bladder control concerns. **Session will include the Drop 5 Virtual Weight-Loss Community.**

[Register here.](#)

#### **Dr. Patricia Ferguson Discusses the Importance of Physical Activity for Seniors**

July 13, 2023

12 to 12:30 p.m. Eastern time

Dr. Ferguson joins us for a discussion on the importance of safely and intentionally incorporating daily physical activity into seniors' lives. **Session will include the Drop 5 Virtual Weight-Loss Community.**

[Register here.](#)

#### **"Hike" the World's Popular Trails Challenge**

July 20, 2023

12 to 12:30 p.m. Eastern time

Choose one of the world's most popular trails and walk, bike, run, or roll to complete this hiking challenge. **Session will include the Drop 5 Virtual Weight-Loss Community.**

[Register here.](#)

#### **The Importance of Friendships to Your Overall Well-Being**

July 27, 2023

12 to 12:30 p.m. Eastern time

Join us as we discuss the benefits of celebrating and nurturing friendships in preparation for International Friendship Day, July 30. **Session will include the Drop 5 Virtual Weight-Loss Community.**

[Register here.](#)

#### **The Dutch Art of Niksen: Doing Nothing**

Aug. 3, 2023

12 to 12:30 p.m. Eastern time

Join Cindy and Marissa for a discussion on niksen, the Dutch art of doing nothing without a clear purpose or a deadline to reduce stress and improve creativity. **Session will include the Drop 5 Virtual Weight-Loss Community.**

[Register here.](#)

#### **Learn to Make a Conscious Choice to Respond Not React**

Aug. 10, 2023

12 to 12:30 p.m. Eastern time

Join Cindy and Marissa to learn the difference between responding and reacting to difficult situations and conversations. **Session will include the Drop 5 Virtual Weight-Loss Community.**

[Register here.](#)



### **The Many Benefits Behind Talking Out Loud to Yourself**

Aug. 17, 2023

12 to 12:30 p.m. Eastern time

Join Cindy and Marissa as they discuss the science behind why talking to yourself out loud can motivate you, help you focus, combat self-criticism and process stress. **Session will include the Drop 5 Virtual Weight-Loss Community.**

[Register here.](#)

### **The Power of Napping**

Aug. 24, 2023

12 to 12:30 p.m. Eastern time

Join Cindy and Marissa as they talk about how power naps can improve your memory, job performance, make you more alert and ease stress. **Session will include the Drop 5 Virtual Weight-Loss Community.**

[Register here.](#)

### **Well-Being Speed Round**

Aug. 31, 2023

12 to 12:30 p.m. Eastern time

Join Cindy and Marissa as they answer the most asked questions chatted in by participants so far this year. **Session will include the Drop 5 Virtual Weight-Loss Community.**

[Register here.](#)

### **Suicide Awareness with Eric Hipple**

Sept. 7, 2023

12 to 12:30 p.m. Eastern time

Former Detroit Lions quarterback Eric Hipple joins us to promote World Suicide Prevention Day, September 10, to discuss suicide ideation, prevention and stigma. **Session will include the Drop 5 Virtual Weight-Loss Community.**

[Register here.](#)

### **Clear the Clutter, Clear the Mind**

Sept. 14, 2023

12 to 12:30 p.m. Eastern time

Join Cindy and Marissa for a discussion on various types of clutter (physical environment, digital, emotional and spiritual) and its cumulative effect on our well-being. **Session will include the Drop 5 Virtual Weight-Loss Community.**

[Register here.](#)



**Using the Power of Radical Acceptance**

Sept. 21, 2023

12 to 12:30 p.m. Eastern time

Description: Join Cindy and Marissa to learn what radical acceptance is and how you can use it to let go of what you can't or choose not to change in your life. **Session will include the Drop 5 Virtual Weight-Loss Community.**

[Register here.](#)

**What Horses Can Teach Us About Ourselves**

Sept. 28, 2023

12 to 12:30 p.m. Eastern time

Join Cindy and Marissa at Happy Hooves Equine where the founder Crystal Birchmeier-Diehl and Adam Diehl show how they use horses to promote connection and belonging to improve well-being. **Session will include the Drop 5 Virtual Weight-Loss Community.**

[Register here.](#)

All webinars begin at noon Eastern time.

Register for all webinars at [bluecrossvirtualwellbeing.com](https://bluecrossvirtualwellbeing.com).