



MASSACHUSETTS

Medicare Wellness Webinars

Join Our Wellness Webinars!

Blue Cross Blue Shield of Massachusetts wants to help you stay well, with no-cost health education webinars brought to you in partnership with your local Massachusetts Councils on Aging. Join a webinar to participate in educational activities, practice new hobbies, stay connected to other community members while remaining at home, and learn more about how to stay healthy and safe during these challenging times.

All are welcome—you don't have to be a Blue Cross member to participate.

Register for a Live Health Webinar

Please see our webinar descriptions on the following pages. Click to register for a webinar on a day and time that works best for you.

<p>Wednesday, September 23 10:30 a.m.–11:00 a.m. ET Six Strategies for Supporting a Healthy Immune System Presenters: Lisa Farnham & Tricia Silverman Register Now at bcbsma.info/Sept23</p>	<p>Thursday, November 5 2:00 p.m.–2:30 p.m. ET Nutrition Do's and Don'ts During Uncertain Times Presenters: William Rowbottom & Tricia Silverman Register Now at bcbsma.info/Nov5</p>
<p>Monday, October 5 10:30 a.m.–11:00 a.m. ET Calming Anxiety in Times of Uncertainty Presenters: Jenna Feitelberg & Janet Fontana Register Now at bcbsma.info/Oct5</p>	<p>Wednesday, November 18 10:00 a.m.–10:30 a.m. ET Nutrition and Sleep: Fascinating Connections Presenters: Lisa Farnham & Tricia Silverman Register Now at bcbsma.info/Nov18</p>
<p>Tuesday, October 20 11:00 a.m.–11:30 a.m. ET Yoga Chair Stretches and Guided Relaxation Presenters: Luisa Lewis & Janet Fontana Register Now at bcbsma.info/Oct20</p>	<p>December 8 2:00 p.m.–2:30 p.m. ET Taming Your Mind with Mindfulness Techniques Presenters: Jenna Feitelberg & Janet Fontana Register Now at bcbsma.info/Dec8</p>

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Calming Anxiety in Times of Uncertainty

Presented by Janet Fontana, RN and Certified Health Coach

Anxiety is a normal reaction to stress. In times of uncertainty, our thoughts can take on a life of their own and amplify feelings of worry and anxiety. Join us to learn simple techniques to break the cycle of anxious thoughts, and lessen anxiety. Practice breathing exercises that promote relaxation and help you feel calmer.

Yoga Chair Stretches and Guided Relaxation Practice

Presented by Janet Fontana, RN and Certified Health Coach

Join us to practice stress-relieving yoga chair stretches to ease tight muscles in your neck, shoulders, and back, followed by a 10-minute guided meditation. Practicing meditation and connecting with others can help us better cope with stress and feel less isolated. No previous yoga or meditation experience necessary. You're welcome to attend this webinar session with or without video.

Six Strategies for Supporting a Healthy Immune System

Presented by Tricia Silverman, RD

Join us to learn practical nutrition and wellness tips for nurturing your immune system. See examples of healthy foods you can purchase. Find out why sugar, and comfort foods like carbohydrates, may work against your immune system. Hear about Japanese forest-bathing, and how this technique may benefit your health.

Taming Your Mind with Mindfulness Techniques

Presented by Janet Fontana, RN and Certified Health Coach

When stress levels rise, our minds can become filled with worried, anxious thoughts. Mindfulness, the practice of focusing on the present moment, can quiet your mind and help you feel calmer. Join us to practice a mindful breathing exercise and a five-minute sitting meditation. Discover ways to be more mindful throughout your day. We'll share resources for free mindfulness meditations.

Nutrition and Sleep: Fascinating Connections

Presented by Tricia Silverman, RD

Learn how sleeping well can help to control your weight and revitalize your mind and body. Discover which foods, herbs, teas, and minerals can make you feel sleepier, or interfere with your sleep.

Nutrition Do's and Don'ts During Uncertain Times

Presented by Tricia Silverman, RD

Are uncertain times causing you to eat or drink more and move less? Learn alternatives to comfort foods, and how to use mindful eating and drinking practices when you do indulge. Discover strategies to manage food and optimize nutrition while working from home.

We hope you can join us!