



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>Tuesday, February 15, 2022 10:00 a.m. – 10:30 a.m. ET Nutrition and Healthy Dividends Presenters: William Rowbottom & Tricia Silverman Register Now at bcbsma.info/Feb15</p>	<p>Monday, February 28, 2022 2:00 p.m. – 2:30 p.m. ET Boost Your Health with Better Sleep Presenters: Heather Hurd & Janet Fontana Register Now at bcbsma.info/Feb28</p>
<p>Thursday, March 17, 2022 10:00 a.m. – 10:30 a.m. ET Active Aging Nutrition Insights Presenters: Lisa Farnham & Tricia Silverman Register Now at bcbsma.info/Mar17</p>	<p>Tuesday, March 29, 2022 10:00 a.m. – 10:30 a.m. ET Calming Anxiety Presenters: Jenna Feitelberg & Janet Fontana Register Now at bcbsma.info/Mar29</p>
<p>Monday, April 11, 2022 2:00 p.m. – 2:30 p.m. ET Food and its Healing Effects Presenters: Luisa Lewis & Tricia Silverman Register Now at bcbsma.info/Apr11</p>	<p>Wednesday, April 27, 2022 10:00 a.m. – 10:30 a.m. ET Eight Happiness Boosting Strategies Presenters: Susan Flanagan & Janet Fontana Register Now at bcbsma.info/Apr27</p>



MASSACHUSETTS

Medicare Wellness Webinars

<p>Wednesday, May 11, 2022 10:00 a.m. – 10:30 a.m. ET Grub and Guts: Eating well for a Healthier Microbiome Presenters: William Rowbottom & Tricia Silverman Register Now at bcbsma.info/May11</p>	<p>Thursday, May 26, 2022 2:00 p.m. – 2:30 p.m. ET Meditation for Busy Minds Presenters: Lisa Farnham & Janet Fontana Register Now at bcbsma.info/May26</p>
<p>Tuesday, June 7, 2022 2:00 p.m. – 2:30 p.m. ET Nutrition Boosters and Busters for Longevity Presenters: Jenna Feitelberg & Tricia Silverman Register Now at bcbsma.info/Jun7</p>	<p>Wednesday, June 22, 2022 10:00 a.m. – 10:30 a.m. ET Yoga Chair Stretches and Guided Relaxation Practice Presenters: Luisa Lewis & Janet Fontana Register Now at bcbsma.info/Jun22</p>

Nutrition and Healthy Dividends 2022 – Presented by Tricia Silverman, RD

Learn helpful techniques to support your health and wellness goals. Hear about visioning and goal setting strategies, as well as learn more about using a to-do lists or a to-do app. Discover ways to set up an environment at home and work that support good nutrition and a healthy lifestyle.

Boost Your Health with Better Sleep - Presented by Janet Fontana, RN, Certified Health Coach

Sleep is vital to your physical and emotional health. During challenging times, it can be especially difficult to stop worried thoughts from keeping you awake at night. Join us to learn strategies to get a good night’s sleep and discover stress-relieving breathing exercises to help you fall asleep or fall back to sleep faster. Discover how to feel calmer during the day and sleep more soundly at night.

Active Aging Nutrition Insights - Presented by Tricia Silverman, RD

Discover nutrition and wellness tips that will help you live a longer, healthier, and happier life. Learn about specific nutrients and foods can impact your longevity. See how much protein you need, and what a balanced diet looks like for optimum health in your senior years.

Calming Anxiety - Presented by Janet Fontana, RN, Certified Health Coach

Anxiety is a normal reaction to stress. When we are feeling stressed, 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.



Food and its Healing Effects - Presented by Tricia Silverman, RD

Learn about food and nutrition strategies to prevent against heart disease, cancer, diabetes, Alzheimer's, and other chronic health issues. See why food is truly medicine and how eating strategically may help keep the doctor and medicine away.

Eight Happiness Boosting Strategies - Presented by Janet Fontana, RN, Certified Health Coach

Have you ever wondered how some people can be happy even when things aren't going their way? Explore the science behind what makes people happy. Learn eight simple happiness boosting strategies you can apply in your life.

Grub and Guts: Eating well for a Healthier Microbiome - Presented by Tricia Silverman, RD

Learn about eating well for optimal intestinal health, and a happier healthier microbiome. Discover what the microbiome is and how a nutritious way of eating can support it, and certain foods may make it more toxic. Hear about the link between fiber and colorectal health and walk away with strategies that can enhance your digestive health.

Meditation for Busy Minds - Presented by Janet Fontana, RN, Certified Health Coach

Have you wondered about meditation and if it's for you? Join us to learn what meditation is and how it works to quiet the mind. Practice simple meditation techniques during the webinar and discover free apps for creating an at-home practice. New and experienced meditators welcome.

Nutrition Boosters and Busters for Longevity - Presented by Tricia Silverman, RD

Learn which dietary practices lead to a long life of vitality and optimum health across the world, and which practices work against long-term health. For example, discover how the Okinawan practice of Hara Hache Bu can help overweight seniors lose weight. And see how plant-based eating helps the Seventh Day Adventists in Loma Linda, California, add years to their lives.

Yoga Chair Stretches and Guided Relaxation Practice (30-minute experiential practice) - Presented by Janet Fontana, RN, 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. The practice of meditation and connection with others can help us better cope with stress and feel less isolated. Everyone is welcome - no previous yoga or meditation experience needed.