



## Wellness Webinar

# Managing Stress Through Meditation

Too stressed to meditate? It's actually when we're the most tense that meditation can have the greatest impact. It can calm the mind and short-circuit the body's stress response. We can help you get started during this special meditation session. Please join us!

**Register now** for this webinar.

This Horizon Blue Cross Blue Shield of New Jersey (Horizon BCBSNJ) wellness webinar is specifically designed for our corporate group members, so register with your work email. Once we receive your registration, we will email your confirmation with instructions for joining the session.

*If you are not able to access the registration link above, please copy and paste this address into your browser:*

<https://horizonsalestraining.webex.com/horizonsalestraining/onstage/g.php?MTID=e9c1a09b3a65b8e9f98420b1b42236c87>

**Horizon BCBSNJ  
Wellness Webinar**

**Managing Stress Through  
Meditation**

**May 12, 2021  
12 p.m., Eastern Time**

**We want you to have the information you need to manage your health. Our wellness webinars provide general information.  
Talk with your doctor about specific questions you may have about your health.**

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