

2026 Winter & Spring Wellness Calendar

Blue Cross Blue Shield of Rhode Island invites you to participate in Special Events, signature Wellness Wednesday workshops, and Monday Mindfulness breaks.

Earn points on BlueCare Connect:

Self-report your attendance under Benefits or Ways to Earn > Events & Webinars!

January

Monday, January 26th, 12:30 pm (Click Date to Register)

SELF-COMPASSION MEDITATION

Start the year with a kinder relationship with yourself, fostering a more compassionate and productive work environment.

February

Wednesday, February 11th, 12:00 pm (Click Date to Register)

KNOW YOUR NUMBERS

Blood pressure, BMI, Cholesterol, Blood Sugar. What do all these numbers mean? It can be easy to get lost in medical jargon, but having a base level of health literacy can help! In this webinar, learn about various health metrics and the recommended ranges for each.

SPECIAL EVENT – Thursday, February 19th, 12:00 pm – Time to Quit: Your Nicotine-Free Journey
(Click to Register)

Monday, February 23rd, 12:30 pm (Click Date to Register)

ACUPOINT TAPPING FOR STRESS RELIEF

Learn the quick and effective technique of tapping on specific acupoints to reduce stress and anxiety.

QUARTER 1 CHALLENGE IN FEBRUARY . . . REACH THE PEAK STEP CHALLENGE

REGISTRATION STARTS 1/25 – SEE ATTACHED FLYER ON HOW TO JOIN!

Join the “Reach the Peak” Team Leaderboard Step Challenge on BlueCare Connect during the month of February! Team leaderboard challenges are an engaging step-based challenge where members form teams and play against one another to see which group can walk the most consistently throughout the month by earning “gems”. BlueCare Connect gems are a motivational incentive for members to stay proactive in a Challenge and used as a basis for ranking.

March

Wednesday, March 11th, 12:00 pm (Click Date to Register)

MASTER MEAL PREP FOR BUSY WEEKS

Tired of last-minute dinner planning that often leads to fast food or complaints from the family? Learn how to plan and prep meals efficiently to save time and money, making healthy choices the easy choice.

SPECIAL EVENT – Tuesday, March 17th, 12:00 pm – Perks of Plant-Based Eating
(Click to Register)

Monday, March 23rd, 12:30 pm (Click Date to Register)

MINDFUL EATING MEDITATION

Enhance your awareness of eating habits with a guided meditation that helps you savor each bite and make healthier food choices.

April

Wednesday, April 8th, 12:00 pm (Click Date to Register)

MIND-BODY NUTRITION

Tired of the same old messages about food and nutrition? Explore new tools and techniques to help transform your relationship with food.

SPECIAL EVENT – Monday, April 13th, 12:00 pm – An Easy Guide to Your First 5k

(Click to Register)

Monday, April 27th, 12:30 pm (Click Date to Register)

STRESS BREAK FOR INJURY PREVENTION

Take a 15-minute break to engage in a guided stretch session aimed at preventing injuries.

May

SPECIAL EVENT - Tuesday, May 5th, 1:00 pm (Click Date to Register)

HOW TO HELP SOMEONE IN A MENTAL HEALTH CRISIS

Wednesday, May 13th, 12:00 pm (Click Date to Register)

MENTAL HEALTH MATTERS

Strong mental health is more than the absence of illness. Learn why mental health is important, warning signs, ways to boost mental health, and where to find resources and support.

Monday, May 18th, 12:30 pm (Click Date to Register)

PROGRESSIVE RELAXATION MEDITATION

This meditation will guide you through tensing and relaxing different muscle groups for overall relaxation.

June

Wednesday, June 10th, 12:00 pm (Click Date to Register)

HEALTH HACKS FOR GUYS

Take control and feel your best! This **Men's Health Month**, we'll help you cut through the noise and focus on practical, actionable strategies for busy men to feel their best!

Monday, June 22nd, 12:30 pm (Click Date to Register)

CHAIR YOGA FOR WELLBEING

Experience the benefits of yoga from the comfort of your chair with this session focused on improving strength, flexibility and relaxation.

Find the Full Year of Webinars on BlueCare Connect

- Log in to your BlueCare Connect account.
- Look for the Benefits tab and click Events & Webinars
- Open the Description section and follow prompts to open the 2026 Calendar