

Florida Blue Center Event Calendar

Pensacola

In the pursuit of a more enlightened you

Feed your inner muse by enjoying your favorite art. Listen to some live music, see a play or a great movie, and visit a museum to keep up with new trends and ideas.



September 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Pensacola

1680 Airport Blvd.
Pensacola, FL 32504
850-202-4150

Monday-Saturday, 9am-7pm.

***9/4 Holiday Hours: 9 am -2pm**
No appointments necessary.

floridabluecenters.com



1 **Get your FREE copy of "The Mediterranean Diet"**- Florida Blue members are eligible to receive this complimentary book when completing a FREE Personal Health Assessment at your local Florida Blue Retail Center during the month of September. Call your local center to set up an appointment with your Neighborhood Nurse. This promotion will be offered while supplies last.

4 **Yoga, every Monday & Wednesday at 8:30am** – Get centered with our free yoga class! Please wear comfortable clothes and bring your own yoga mat.

1 **Blue Balance, every Monday at 5:30pm & every Friday & Saturday at 8:30am** – Taken from Ballet, Tai Chi and Yoga, this class is designed to strengthen the core and work on your posture, mobility and spine. Join us!

5 **Weight Watchers, every Tuesday at 5:45pm** - Join our Weight Watchers group and learn more about weight management.



Florida Blue 
In the pursuit of health®

9 **Flu Shots with Walgreens, 9/9 from 10am-3pm -** Get your flu shot at our center for no additional cost! Meet with the Walgreens Pharmacist to learn how you can easily transfer your prescriptions to their pharmacy.

12 **Conversations with Care: Gluten Free, Is That For Me, 9/12 at 12pm -** Join us as we talk about what gluten is and how our gastrointestinal tract works. We will review the list of foods to avoid, foods allowed and when it makes sense to follow a gluten-free diet.

14 **Better You Nutrition, 9/14, 9/21, 9/28, 10/5, 10/12 at 10am -** Better You Nutrition is a 5-week nutrition program with engaging activities and goal-setting strategies to help you build healthy eating habits. Learn about nutrients, portion sizes, healthy grocery shopping on a budget, reading food labels and tips for healthy eating in and out of home.

16 **Meet Your Neighborhood Nurse, 9/16 from 9am to 12pm -** Meet one-on-one with your nurse to stay on track of your health. Receive a free gift by learning your numbers! Guests, receive a complimentary BMI Screening. Members, complete your free Personal Health Assessment.

20 **Wednesday Webinar: Stress Management, 9/20 at 11am -** Hear from CliniSanitas during this provider webinar hosted at our center.

23 **ABCs of Medicare, 9/23 at 10am -** We can help you make decisions that are best for you and your family. Whether you're enrolling for the first time in Medicare or exploring your options, RSVP to this seminar to learn more. The ABCs of Medicare helps you explore your Medicare options and address frequently asked questions.

26 **Conversations with Care: How to Use a Food Label to Better Your Health, 9/26 at 12pm -** Whether you are hoping to become aware of calories, focus on specific nutrients, compare products or determine the safety of a product, this presentation will help you understand food labels to make healthier food choices.

27 **Healthy Life Starts With a Healthy Mouth Lunch & Learn, 9/27 at 12pm -** Learn about the importance of oral health, how to avoid major health issues by focusing on good dental care and the basics of dental insurance. A light lunch will be provided.

28 **BlueMedicare Advantage Seminar, 9/28 at 10am -** Are you turning 65? Come to our BlueMedicare Advantage seminar and we'll help you choose the plan that's best for you. We'll personally help you review your options to find the right plan for your needs, and address any questions you have.

