

December: World AIDS Day

Although you may not hear as much about HIV/AIDS now, it is still extremely prevalent. There are approximately 36.9 million people in the world living with HIV/AIDS. Protect yourself and other from infection through education and avoiding behavior that allows HIV-infected fluids into your body. If you are not certain of the HIV status of your partner, use a new condom every time you have sex. Don't inject drugs, but if you do, use sterile equipment and water. If you are sexually active or have injected drugs, it's extremely important to consult your doctor about testing for HIV and STDs.

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12	13	14	15	16	17
19	20	21	22	23	24
26	27	28	29	30	31

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Flu Shots from Walgreens

Friday, 12/2, Monday, 12/5 & Friday, 12/9 from 10 a.m. to 1 p.m.

Get your flu shot at our center during these days and times.

Blue Balance

Every Friday and Saturday at 8:30 a.m.

*No classes on 12/23, 12/24, 12/30 & 12/31

Taken from Ballet, Tai Chi and Yoga, this class is designed to strengthen the core, works on your posture, mobility, and spine. Join us!

Community Medicare Seminar

Friday, 12/2 at 10 a.m.

Join Florida Blue for this Medicare Advantage Signup Event. You'll learn about Medicare Advantage and have all your questions answered by insurance experts!

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Blue Sculpt Classes

Every Monday at 5:30 p.m.

Come join us! Please wear comfortable clothes and sneakers

FREE Yoga Classes with Christa Parent

Every Monday and Wednesday at 8:30 a.m.

Enjoy FREE yoga sessions. This rejuvenating class is designed to increase flexibility and help you get centered. Please bring your own mat.

Holiday Hours on 12/24 & 12/31: Our Center will be open from 8:00 a.m. to 2:00 p.m.

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

Mon. – Sat. 8 a.m. – 7 p.m.
Open the following Sundays: 12/4, 12/11, 1/22, 1/29 from 12 – 6 p.m.

Learn more at floridabluecenters.com



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Weight Watchers

Every Tuesday at 5:45 p.m.

No enrollment fee and special discounts for the Florida Blue class!

Conversations with Care: Handling the Holidays in Good Health

Tuesday, 12/6 at 12 p.m.

Take the stress out of the holidays with a new, fresh perspective to focus on what means the most to you at the holidays. Enjoy holiday foods without overindulging and find ways to keep moving with these great tips to handle the holidays in good physical, emotional and mental health.

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Getting the Most Out of Your Benefits

Saturday, 12/10 at 3 p.m.

Join our team to understand more about your benefits, online tools and member discounts!

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FREE Lunch & Learn with Baptist Health Care: "Causes and Treatments of Stroke" Presented by Vikki Smolik, RN

Wednesday, 12/14 at 12 p.m.

Enjoy a light lunch while learning about causes and treatments of stroke & much more! Call us to RSVP!

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Meet Your Neighborhood Nurse

Saturday, 12/17 from 9 a.m. to 12 p.m.

Meet 1-on-1 with your RN to stay on track of your health. Guests, learn your numbers by receiving a complimentary BMI Screening & receive a FREE gift! Members, complete your FREE Personal Health Assessment and receive a FREE gift!

