

# Florida Blue Center Event Calendar

## Pensacola

### In the pursuit of a better you

Getting healthy and staying there requires maintenance. This month is a great time to tune up your diet, check your blood pressure and follow through on checkups.



### February 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					

### Pensacola

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

Monday-Saturday, 9am-7pm.  
No appointments necessary.  
[floridablue.com](http://floridablue.com)

- 2/1 FREE Yoga Classes with Christa**  
Every Monday & Wednesday at 8:30am  
Enjoy FREE yoga sessions. This rejuvenating class is designed to increase flexibility and help you get centered. Please bring your own mat.
- 2/3 FREE Blue Balance**  
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!
- Better You Nutrition**  
Fridays, 2/3, 2/10 & 2/17 at 10:30am  
Join us for 3 remaining classes of Better You Nutrition, a 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.
- 2/6 FREE Blue Sculpt Classes**  
Every Monday at 5:30pm  
Come join us! Please wear comfortable clothes and sneakers.
- 2/7 Weight Watchers**  
Every Tuesday at 5:45pm  
No enrollment fee and special discounts for the Florida Blue class!
- Meet Your Walgreens Pharmacist**  
Tuesday, 2/7 from 10am-2pm  
Get your flu shot at no additional cost to you at your local center.
- 2/8 Florida Blue and Better You Wellness Talk: Heart Healthy Living**  
2/8 at 11am  
Join Dr. Siva from our Diagnostic Clinic Medical Group for a live webinar to discuss Heart Healthy Living.
- 2/14 Conversations with Care: Heart Healthy Living**  
Tuesday, 2/14 at 12pm  
Join your neighborhood nurses to learn ways to prevent and protect yourself from heart disease.

**\*\*See back for additional events**

**2/15 Better You Blood Pressure Class (9-Month Follow-Up)**

Wednesday, 2/15 at 10am

Let us help you on your journey with this 3, 6, 9 and 12 month blood pressure follow up to our initial program.

**Wednesday Webinar: Heart Health**

Wednesday, 2/15 at 11am

Hear from CliniSanitas during this Online Chat with a Provider Webinar hosted at our Centers.

**2/16 Better You Blood Pressure Class 5-Week Series**

Thursdays, 2/16, 2/23, 3/2, 3/9 & 3/16 at 10am

A healthy heart can change your life! The Better You Blood Pressure Management Program is a 5-week program that teaches you how easy it is to monitor your heart, eat healthy, identify and monitor stress and manage high blood pressure.

**2/18 Meet Your Neighborhood Nurse**

Saturday, 2/18 from 9am-12pm

Meet one-on-one with your nurse to stay on track of your health. Guests, learn your numbers by receiving a complimentary BMI Screening and receive a free gift. Members, complete your free Personal Health Assessment and receive a free gift.

**2/21 Approaching Medicare Seminars**

2/21 & 2/25 at 10am

Have your Medicare questions answered. Please register at 1-855-488-6610 (TTY 711).

**2/24 Diabetes Prevention Program**

Friday, 2/24 at 10:30am

Our 16-week member program focuses on getting you back on the right track to a healthy lifestyle. Our nurse meets with the group to discuss topics such as weight management, stress management, healthy choices and more.

**2/28 Conversations with Care: Understanding Organic**

Tuesday, 2/28 at 12pm

Attend this session to learn about the USDA's Organic Program and all of the criteria behind the USDA Organic seal. Gain awareness about why people choose organic and the main differences organic foods have from other non-organic products.