

# Florida Blue Center Event Calendar

## Pensacola

### In the pursuit of a better you

Be sure to keep in mind what's important in 2017:  
You! At your best, you'll be much happier —  
and you'll have more to offer others too.



### January 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	31					

### Pensacola

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

Monday-Saturday, 8am-7pm.  
No appointments necessary.

[floridablue.com](http://floridablue.com)

### IMPORTANT ENROLLMENT DATES:

Enroll by 1/15/17 for your new policy to be effective on 2/1/17

Enroll by 1/31/17 for your new policy to be effective on 3/1/17

**1/2 FREE 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 8:30a.m.  
Enjoy FREE yoga sessions. This rejuvenating class is designed to increase flexibility and help you get centered. Please bring your own mat.

**1/3 Weight Watchers**  
Every Tuesday at 5:45 p.m.  
No enrollment fee and special discounts for the Florida Blue class!

**1/6 FREE Blue Balance**  
Every Friday and Saturday at 8:30 a.m.  
Taken from Ballet, Tai Chi and Yoga, this class is designed to strengthen the core, works on your posture, mobility, and spine. Join us!

**Flu Shots**  
1/6, 1/9, 1/24 & 1/25 from 10am-2pm  
Get your flu shot at no additional cost to you at your local Center.

(see back for more events)



**Florida Blue**   
In the pursuit of health®

- 1/10 Conversations with Care: Sleep**  
Tuesday, 1/10 at 12pm  
Many of us do not get a good night's sleep, and our health and productivity suffer because of it. This presentation covers the purpose of sleep, how much sleep is enough, and how to improve your quality of sleep with strategies, tips and helpful resources.
- 1/18 Wednesday Webinar**  
Wednesday, 1/18 at 12pm  
Hear from CliniSanitas during this Online Chat with a Provider Webinar hosted at our Centers.
- 1/20 Diabetes Prevention Program**  
Friday, 1/20 at 10:30am  
Our 16-week member program, starting January 20<sup>th</sup>, focuses on getting you back on the right track to a healthy lifestyle. Our RN meets with the group to discuss topics such as weight management, stress management, health choices and more.
- 1/21 Meet Your Florida Blue Neighborhood RN**  
Saturday, 1/21 from 9am-12pm  
Meet one-on-one with your RN 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.
- 1/24 Conversations with Care: Turn the Pressure Down**  
Tuesday, 1/24 at 12pm  
High blood pressure is known as the "silent killer" and affects one-third of the adult population. Whether you have high

