

# Florida Blue Center Event Calendar

## Pensacola

### In the pursuit of a more community-minded you

Step up as a volunteer, support local merchants or even visit a nearby farmers' market. It's amazing how good it feels to get involved!



### March 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, 9am-7pm.  
No appointments necessary.

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

- 1** **FREE Yoga 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.
- 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.
- 3** **Diabetes Prevention Program (continued), 3/3 & more 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. Please call you Florida Blue Neighborhood Nurse to find out if you are eligible to join this 16-week FREE program.
- 6** **FREE Blue Sculpt, every Monday at 5:30pm** – Come join us for this low-impact fitness class! Please wear comfortable clothes and sneakers.
- 7** **Weight Watchers, every Tuesday at 5:45pm** – No enrollment fee and special discounts for the Florida Blue class!
- 14** **Conversations with Care: Clearing Up Carb Confusion, 3/14 at 12pm** – This presentation will help you understand the difference and learn how to enjoy carbohydrates in the amounts and proportions that support your health.



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

**15** **Wednesday Webinar: Eating Healthy – Portion Control, 3/15 at 11am** – Hear from ClineSanitas during this Online Chat with a Provider Webinar hosted at our Centers.

**18** **Meet Your Neighborhood Nurse, 3/18 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.

**21** **Approaching Medicare Presentation, 3/21 & 3/25 at 10am** – Have your Medicare questions answered. Please register at 1-855-488-6610 (TTY 711).

**23** **Better You Nutrition, starting 3/23 at 5:30pm** – Join us for Better You Nutrition, 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.

**28** **Conversations with Care: Got Greens, 3/28 at 12pm** – Come join your Neighborhood Nurse and learn the many benefits of fruits and veggies.

