

October: Breast Cancer Support

One in eight women will be diagnosed with breast cancer in her lifetime and is the second leading cause of cancer death among women. The good news is that death rates from breast cancer have been declining since about 1990. This is in large part due to better screening and early detection, increased awareness and improved treatment options. Take the matter into your own hands with a few simple preventive tips: avoid becoming overweight, eat a diet high in vegetables and fruit and low in refined carbohydrates and fatty foods, stay physically active and drink little to no alcohol.

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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.

Blue Sculpt Classes

Every Monday at 5:30 p.m. and Saturday at 8:30 a.m. Come join us! Please wear comfortable clothes and sneakers.

Baptist Clinic Lunch & Learn: Breast Self-Exam Demo & Presentation on "Women's Breast Health"

Mon, 10/3 at 12 p.m.

Learn why breast health is important, along with facts and statistics about breast cancer all while viewing a breast self-exam demo. A light lunch will be provided.

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Weight Watchers

Every Tuesday at 5:45 p.m. No enrollment fee and special discounts for the Florida Blue class!

Medicare HMO ANOC Seminars

Tues, 10/4 at 2 p.m., Thurs, 10/6 at 10 a.m., Tues, 10/11 at 10 a.m. & Thurs, 10/13 at 10 a.m.

Have questions about your BlueMedicare HMO plan for 2017? Don't worry, we're here to help. We have scheduled seminars just for you, our BlueMedicare HMO members! Our licensed experts will walk you through your plan changes for 2017 so you will know what to expect in the coming year. There's a HMO member meeting right in your neighborhood – so, join us!

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Blue Balance

Every Friday 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!

8

Getting the Most from Your Benefits

Sat, 10/8 at 3:00 p.m.

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

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Meet Your Neighborhood Nurse

Sat, 10/15 at 9 a.m. to 12 p.m.

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

Medicare Sales Seminars

Sat, 10/15 at 10 a.m., Fri, 10/21 at 10 a.m., Sat, 10/22 at 10 a.m. & Fri, 10/28 at 10 a.m.

Join Florida Blue for this Medicare Advantage sign up event! You'll learn all about Medicare Advantage and have all your questions answered by insurance experts. See you there!

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Baptist Medical Group Lunch & Learn: "What I Need to Know About Breast Cancer" with Dr. Schopmeyer

Mon, 10/17 at 12 p.m.

Become educated on the causes, early detection and more of breast cancer. A light lunch will be provided.

25

Conversations with Care: Breast Cancer Awareness

Tues, 10/25 at 12 p.m.

Join Florida Blue's RNs to get an overview of Breast Cancer, as well as myths and facts. We will also discuss risk factors and the importance of early detection.

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Lunch & Learn with a Florida Blue RN – "Healthy Coping, Problem Solving and Decreasing Risks: The Keys to Successful Diabetes Self-Management"

Thurs, 10/27 at 12 p.m.

Enjoy a light lunch while learning new management tools to help control your diabetes.

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Making Strides Against Breast Cancer Event After Party

Thurs, 10/29 from 9 a.m. to 12 p.m.

Enjoy food, fun and prizes at our Florida Blue After Party! Meet with our RN & receive a FREE BMI Screening.

1680 Airport Blvd.
Pensacola, FL 32504
1-877-352-5830
Mon. – Sat. 9 a.m. – 7 p.m.
Modified Hours Beginning 10/15:
Mon - Sat 8am - 7pm

Learn more at
floridabluecenters.com

