

**April: Parkinson’s Disease Awareness**

Approximately four million people worldwide suffer from Parkinson’s disease, a movement disorder that is chronic and progressive. It is caused by the loss of brain cells in the part of the brain that produces messenger dopamine. Symptoms include tremors, slowness of movement and muscle stiffness. Risk of developing Parkinson’s disease increases with age and typically occurs after the age of 50. If you or a loved one has any of these symptoms, consult your doctor right away.

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**FREE Yoga Classes**

Every Monday & Wednesday at 8:30 a.m.  
Enjoy FREE yoga sessions. This rejuvenating class is designed to increase flexibility and help get you centered. Please bring your own mat.

**FREE Tai Chi Classes**

Every Monday at 6 p.m. & Every Friday at 8:30 a.m.  
This class will teach the ancient art of stress management that calms the mind and relaxes the body with mild exercise combining movement and breathing.

**FREE Quit Smoking Now Classes with AHEC**

Mondays, 4/4 & 4/11 at 9:30 a.m.  
Quit smoking once and for all during this class. Enter to win a FREE gift card! Call today to RSVP.

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**Weight Watchers**

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

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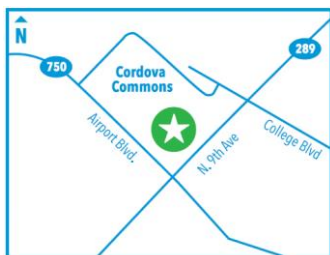
**Nutritious You**

Thursdays, 4/7, 4/14, 4/21, 4/28 & 5/5 at 10 a.m.  
Better You Nutrition is 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 and more!

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**FREE United Way Tax Prep Information**

Saturday, 4/9 from 9 a.m. to 3 p.m.  
Visit our Center and receive financial education and tax information from United Way. Call for more information.



1680 Airport Blvd.  
Pensacola, FL 32504  
1-877-352-5830  
Mon. – Sat. 9 a.m. – 7 p.m.

Learn more at [floridabluecenters.com](http://floridabluecenters.com)



**Getting the Most Out of Your Benefits**

Saturday, 4/9 at 3 p.m.  
New to Florida Blue? Join our team to learn how to maximize your benefits this year, get 24/7 online service and save big with our member discounts!

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**Meet Your Neighborhood Nurse**

Saturday, 4/16 from 9 a.m. to 12 p.m.  
Meet 1-on-1 with your RN to stay on track with your health. Guests, learn your numbers by receiving a complimentary BMI Screening & receive a FREE gift! Members, complete your FREE Personal Health Assessment & receive a FREE Gift!

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**Approaching Medicare Seminars**

Tuesday, 4/19 & Saturday, 4/23 at 10 a.m.  
Have your Medicare questions answered. Register at 1-855-499-6610 (TTY 711).

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**Conversations with Care: Allergies 101**

Tuesday 4/26 at 12 p.m.  
Join your **Florida Blue Registered Nurse AND Council on Aging** to learn what allergies are, what causes them and how you can get relief. Call to RSVP today!

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**FREE Breakfast & Learn with Sacred Heart: Mature Senior Athletes**

Wednesday, 4/27 at 10 a.m.  
Enjoy a light breakfast while learning about the benefits and risks of physical activity among seniors from Dr. Jeremiah Dreisbach in Sports Medicine.

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**FREE Lunch & Learn with Our Wellness Nurse: “Diabetes Medications: When Lifestyle is No Longer Enough”**

Thursday, 4/28 at 12 p.m.  
Enjoy a light lunch while learning about different types of diabetes medications that work in different ways to help lower your blood glucose.



In the pursuit of health®