

May: Daily Exercise Challenge

Exercising, even just moving, can feel challenging when you sit at a desk all day only to go home and have just enough time to eat, take care of responsibilities and spend time with family. The good news is that there are simple things you can do to get those steps in! Take a meeting on the move, take the stairs, forget phone and email and visit the colleague you're communicating with, use half your lunch to eat and the other half to walk and park in the back even when there are closer spots available. Keep moving!

| M | T | W | T | F | S |
|----|----|----|----|----|----|
| 2 | 3 | 4 | 5 | 6 | 7 |
| 9 | 10 | 11 | 12 | 13 | 14 |
| 16 | 17 | 18 | 19 | 20 | 21 |
| 23 | 24 | 25 | 26 | 27 | 28 |
| 30 | 31 | | | | |
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2

FREE Yoga Classes

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.

3

Weight Watchers

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

9

FREE Tools to Quit Class with AHEC: 6-Week Series

Mondays 5/9, 5/16, 5/23, 5/30, 6/6, and 6/13 at 9:30 am AHEC helps you quit once and for all during this 6-weeks class. Enter to win a FREE gift card!! Call today to RSVP.

14

Getting the Most Out of Your Benefits!

Sat. 5/14 at 3 p.m. Join our team to understand more about your benefits, online tools and member discounts!

17

Approaching Medicare Seminars

Tues. 5/17 and Sat 5/21 at 10 a.m. Have your Medicare questions answered. Register at 1-888-209-8571

18

Better You Blood Pressure Program

Wed. 5/18 at 10 a.m. A healthy heart can change your life! The Better You Blood Pressure 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. Call to register!

21

Meet Your Neighborhood Nurse

Sat. 5/21 at 9:00 a.m. until 12:00 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 & receive a FREE gift!

30

Memorial Day Holiday

Center open 9 a.m. until 2 p.m.

31

Conversations with Care: Skin Cancer - Are You At Risk?

Tues. 5/31 at 12:00 p.m. Join your Florida Blue Registered Nurse to understand more about skin cancer and how to prevent it.



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

Stay tuned for new future fitness offerings!

Learn more at floridabluecenters.com



Florida Blue

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