

June: Men's Health

Prostate cancer is one of the most common types in men. When detected early and still confined to the prostate gland, it has a better chance of successful treatment. If you are 50 years of age or older, you should be screened by your doctor. If you are 40 years of age or older, and considered high risk (those with a first-degree relative who had prostate cancer), you should also be screened by your doctor. Steps toward prevention include replacing animal-based fats with plant-based fats, eating foods high in lycopene and exercising.

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27	28	29	30		

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Better You Blood Pressure Program

Every Wednesday 6/1, 6/8, 6/15 at 10:00 a.m. The Better You Blood Pressure Program is a 5-week program that teaches you how easy it is to monitor your heart, eat heart healthy, identify and monitor stress and manage high blood pressure. Please note that the program started on 5/18/2016.

6

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.

6

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

Mondays 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. This session began on 5/9/2016.

7

Weight Watchers

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

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Getting the Most Out of Your Benefits!

Saturday 6/11 at 3 p.m. Join our team to understand more about your benefits, online tools and member discounts!

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Better You Nutrition: 5-Session Series

Thursdays 6/16, 6/23, 6/30, 7/7, and 7/14 from 6:00 p.m. until 7:00 p.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! Attend 4 out of the 5 sessions and receive a FREE gift card! RSVP today!

18

Meet Your Neighborhood Nurse

Saturday 6/18 from 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 and receive a FREE gift!

21

Approaching Medicare Seminar

Tuesday 6/21 and Saturday 6/25 at 10:00 a.m. Have your Medicare questions answered. Please register at 1-855-499-6610 (TTY 711).

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Conversations with Care: Summer Safety

Tuesday 6/28 at 12:00 p.m. Join your Florida Blue Registered Nurse for a free Lunch and Learn to understand health safety tips to practice during the summer months. Call to RSVP today!



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



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