

August: Get Immunized

It's time to gear up for school as summer's end is approaching. Make sure everyone is caught up on their required immunizations. Getting your flu shot in August will help you to avoid the rush and will provide protection against the influenza strains contained in the vaccine for the entire season. The virus evolves, so it's important to get the shot annually. Immunizations protect the ones you care about, are safe and effective and save your family time and money by not missing work or school or having to pay additional medical bills.

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15	16	17	18	19	20
22	23	24	25	26	27
29	30	31			

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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.

1

BlueSculpt Classes
 Every Monday at 6:00 p.m. and Saturday at 8:30 a.m. Come join us! Please wear comfortable clothes and sneakers.

1

FREE Tools to Quit Class with AHEC: 6-Week Series
 Mondays 8/1, 8/8, and 8/15 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.

2

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

4

Stress Less and Thrive Class
 8/4 at 10:00 a.m. Join us for a free workshop to build resilience, enhance life balance and manage stress. This is the last session of a **5-week workshop** series for stress management. This is a unique opportunity for you to discover how stress is impacting you. You will also learn effective stress reducing techniques and relaxation strategies you can start using immediately. Space is limited so call today to

5

Tai Chi Classes
 Every Friday at 8:30 a.m. Enjoy FREE Tai Chi class. Please wear comfortable clothes and sneakers.

13

Getting the Most Out of Your Benefits!
 Saturday 8/13 at 3:00 p.m. Join our team to understand more about your benefits, online tools and member discounts!

20

Meet Your Neighborhood Nurse
 Saturday 8/20 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!

23

Approaching Medicare Seminars
 Tuesday 8/23 at 10:00 a.m. or Saturday 8/27 at 10:00 a.m. Have your Medicare questions answered. Register at 1-888-209-8571 (TTY 711).

30

Conversation with Care: Preventative Care
 Tuesday 8/30 at 12:00 p.m. Please call today to RSVP for this event!

Are you planning any summer travel?
 Ask us about our travel insurance!



Florida Blue 
 In the pursuit of health®

Learn more at floridabluecenters.com



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