

**September: Awareness – Blood Cancers**

Although there are no known ways to prevent most types of leukemia, some types may be prevented by avoiding high doses of radiation, exposure to benzene and tobacco use. Additionally, some normal measures may minimize risk of getting leukemia: regular exercise, stay away from herbicides and insecticides and eat healthy and drink plenty of water. Symptoms of leukemia include chronic fatigue, sudden drastic weight loss, night sweats, blood in urine or stool and bleeding from your gums and nose. If you are experiencing any symptoms, consult with your doctor about appropriate screening.

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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!

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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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**Lunch and Learn: CARE Understanding Dementia – Caring for the Caregiver**

Wednesday 9/7 at 12:00 p.m. Join us for light lunch and a presentation by Sharon Oakes with Alzheimer's CARE Program.

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**Getting the Most Out of Your Benefits!**

Saturday 9/10 at 3:00 p.m. Join our team to understand more about your benefits, online tools and member discounts!

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**FREE Yoga Classes with Christa Parent**

Every Monday, (except 9/5) 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.

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**BlueSculpt Classes**

Every Monday, (except 9/5), at 5:30 p.m. and Saturday at 8:30 a.m. Come join us! Please wear comfortable clothes and sneakers.

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

Mondays 9/12, 9/19 and 9/26 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.

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**Approaching Medicare Seminar**

Tuesday 9/13 at 10:00 a.m.  
Saturday 9/17 at 10:00 a.m.  
Have your Medicare questions answered. Please register at 1-888-209-8571 (TTY 711).

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**Meet Your Neighborhood Nurse**

Saturday 9/17 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 and receive a FREE gift!

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**Conversation with Care: Got Green?**

Tuesday 9/27 at 12:00 p.m. Come join your Neighborhood Nurse and learn the many benefits of fruits and veggies. Call today to RSVP!



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

**Please note that the Center will be open from 9:00 a.m. until 2:00 p.m. on Labor Day.**

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



**Florida Blue**

In the pursuit of health®