



Set your sights on wellness

Start 2024 with a focus on eye health. With Florida Blue, prioritize vision and detect early glaucoma signs. Aim for a healthier you—ask a nurse about eye care solutions today.

Check out these featured events!

Lunch & Learn: Blue Zones
Wednesday, January 10th
12:00 p.m. - 1:00 p.m.

Join us to learn about the Blue Zones – the world’s longest-lived cultures. Discover how to put the Blue Zones lifestyle habits to work for you. Lunch will be provided to all attendees!

Lunch & Learn: Senior Wellness
Thursday, January 18th
10:00 a.m. - 11:00 a.m.

Join CDAC Behavioral Healthcare as they explore people’s relationship with illicit and prescription drugs, along with it’s effects on the body. Lunch will be provided to all attendees!

FREE Events Calendar JANUARY 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Happy New Year! Center is closed.	2	3 Let's Yoga! 9:00 AM-10:00 AM	4 NEW: Let's Zumba! 5:30 PM-6:30 PM	5 Barre 9:00 AM-10:00 AM	6 Let's Yoga! 9:00 AM-10:00 AM
8 Tai Chi! 9:00 AM-10:00 AM	9	10 Let's Yoga! 9:00 AM-10:00 AM Lunch & Learn: Blue Zones 12:00 PM-1:00 PM	11 NEW: Let's Zumba! 5:30 PM-6:30 PM	12 Barre 9:00 AM-10:00 AM	13 Let's Yoga! 9:00 AM-10:00 AM
15 MLK Day We're open! Tai Chi! 9:00 AM-10:00 AM	16 Senior Technology 10:00 AM-11:30 AM	17 Let's Yoga! 9:00 AM-10:00 AM	18 Lunch & Learn: Senior Wellness 10:00 AM-11:00 AM NEW: Let's Zumba! 5:30 PM-6:30 PM	19 Barre 9:00 AM-10:00 AM	20 Let's Yoga! 9:00 AM-10:00 AM
22 Tai Chi! 9:00 AM-10:00 AM	23	24 Let's Yoga! 9:00 AM-10:00 AM Lunch & Learn: Master Motivation 12:00 PM-1:00 PM	25 Senior Game Day 10:00 AM-11:00 AM NEW: Let's Zumba! 5:30 PM-6:30 PM	26 Barre 9:00 AM-10:00 AM	27 Let's Yoga! 9:00 AM-10:00 AM
29 Tai Chi! 9:00 AM-10:00 AM	30	31 Let's Yoga! 9:00 AM-10:00 AM	Lunch & Learn: Master Your Motivation Let us help you define your powerful motivators for change! Lunch will be provided to all attendees!		

Florida Blue Center – Pensacola

1680 Airport Blvd
 Pensacola, FL 32504
 850-202-4150 | OEP Hours End Jan 16.
 Mon-Sat: 8 am-7 pm; Sun: 12 pm-6 pm
 No appointments necessary

Find your local events by visiting Scheduler.FloridaBlue.com and entering your ZIP code. RSVP today!
floridablue.com/center

