



## Heart-to-heart on health

Embrace a heart-healthy February with Florida Blue. Discover simple steps for managing blood pressure and cholesterol on your journey to a happier, healthier heart.

### Check out these featured events!

#### Medicare Welcome Meetings

**Thursday, February 22nd**

**9:30 AM - 11:00 AM**

Get the most from your Florida Blue Medicare Plan! Join us for an in-person Medicare Member Meeting to help you learn more how to get the most from your plan as a member.

#### Volunteer Income Tax Assistance

**Saturday, February 10th**

**10:00 AM - 4:00 PM**

Get one-on-one tax preparation by a certified tax preparer and receive 100% of your refund. Save up to \$250 per return filed, and get the refund your family deserves.

## FREE Events Calendar FEBRUARY 2024

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday   |
|--|---|---|---|---|--|
| <p><b>February is Heart Month!</b><br/><b>Join AHA for Hands Only CPR on 2/13.</b></p> |   |   | <p><b>1</b><br/>Food Smarts<br/>11:30 AM-12:15 PM</p> <p>Zumba<br/>5:30 PM - 6:30 PM</p>  | <p><b>2</b><br/>Barre<br/>9:00 AM-10:00 AM</p>  | <p><b>3</b><br/>Let's Yoga<br/>9:00 AM-10:00 AM</p>  |
| <p><b>5</b><br/>Let's Tai Chi<br/>9:00 AM - 10:00 AM</p>                               | <p><b>6</b><br/>Weight Management<br/>9:00 AM-10:00 AM</p>  | <p><b>7</b><br/>Let's Yoga<br/>9:00 AM - 10:00 AM</p>   | <p><b>8</b><br/>Food Smarts<br/>11:30 AM-12:15 PM</p> <p>Zumba<br/>5:30 PM - 6:30 PM</p>  | <p><b>9</b><br/>Barre<br/>9:00 AM-10:00 AM</p>  | <p><b>10</b><br/>Let's Yoga<br/>9:00 AM-10:00 AM</p> <p>Volunteer Income Tax Assistance<br/>10:00 AM-4:00 PM</p> |
| <p><b>12</b><br/>Let's Tai Chi<br/>9:00 AM - 10:00 AM</p>                              | <p><b>13</b><br/>Weight Management<br/>9:00 AM-10:00 AM</p> <p>Lunch &amp; Learn:<br/>Hands Only CPR<br/>12:00 PM-1:00 PM</p> | <p><b>14</b><br/>Let's Yoga<br/>9:00 AM - 10:00 AM</p> <p>Lunch &amp; Learn:<br/>Cholesterol &amp; Statin Meds<br/>12:00 PM-1:00 PM</p> | <p><b>15</b><br/>Food Smarts<br/>11:30 AM-12:15 PM</p> <p>Zumba<br/>5:30 PM - 6:30 PM</p>   | <p><b>16</b><br/>Barre<br/>9:00 AM-10:00 AM</p> | <p><b>17</b><br/>Let's Yoga<br/>9:00 AM-10:00 AM</p>   |
| <p><b>19</b><br/>Let's Tai Chi<br/>9:00 AM - 10:00 AM</p>                              | <p><b>20</b><br/>Weight Management<br/>9:00 AM-10:00 AM</p> <p>Senior Technology<br/>10:00 AM-11:30 AM</p>                    | <p><b>21</b><br/>Let's Yoga<br/>9:00 AM - 10:00 AM</p>  | <p><b>22</b><br/>Medicare Meetings<br/>9:30 AM-11:00 AM</p> <p>Senior Game Day<br/>10:00 AM-11:00 AM</p> <p>Zumba<br/>5:30 PM - 6:30 PM</p> | <p><b>23</b><br/>Barre<br/>9:00 AM-10:00 AM</p> | <p><b>24</b><br/>Let's Yoga<br/>9:00 AM-10:00 AM</p>   |
| <p><b>26</b><br/>Let's Tai Chi<br/>9:00 AM - 10:00 AM</p>                              | <p><b>27</b><br/>Weight Management<br/>9:00 AM-10:00 AM</p>   | <p><b>28</b><br/>Let's Yoga<br/>9:00 AM - 10:00 AM</p> <p>Lunch &amp; Learn:<br/>Mental Health<br/>12:00 PM-1:00 PM</p>                 | <p><b>29</b><br/>Zumba<br/>5:30 PM - 6:30 PM</p>  |   |  |

### Florida Blue Center—Pensacola

1680 Airport Blvd  
Pensacola, FL 32504  
850-202-4150

Mon-Fri 9 a.m.-7 p.m.; Sat 9 a.m.-4 p.m.  
No appointments necessary

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

**FloridaBlue.com/Center**



Scan Me

