

Get happy, get healthy!

Join us for these
exciting events in 2024



Welcome to an exciting new year at your local Florida Blue Center. We've planned some great events for you to kickstart 2024. Check out our event calendar and join us for fun and learning as we plan a healthier and happier year together!

January: Kickstart a healthy year

- **Blue zones with our Registered Nurse, January 10, 12:00-1:00 PM:** Discover the world's best-kept secrets to longevity and wellness.
- **Master your motivation with our Community Specialist, January 24, 12:00-1:00 PM:** Unleash your inner drive and set the stage for a transformative year.

February: Fall in love with your health

- **Cholesterol and statin meds with our Registered Nurse, February 14, 12:00-1:00 PM:** Navigate the ins and outs of cholesterol management with expert guidance.
- **There is no health without mental health with our Community Specialist, February 28, 12:00-1:00 PM:** Explore the profound connection between mental and physical well-being.
- **Weight management to prevent diabetes, February 6, 9:00-10:00 AM :** Join us for a 16-week program of engaging activities and insights to maintain a healthy weight and reduce the risk of diabetes.

March: Spring into wellness

- **Color your plate with fruits and vegetables with our Registered Nurse, March 13, 12:00-1:00 PM:** Learn how to make your meals not only delicious, but also with a rainbow of nutrients.
- **Mindfulness with our Community Specialist, March 27, 12:00-1:00 PM:** Embrace the art of being present and discover your peace within.

Florida Blue Pensacola

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Quick and easy RSVP

Use your phone
camera to scan
this code.



SCAN ME

Looking forward to seeing you!

Florida Blue 

Your Health Solutions Partner