



Savor the flavor of health

Discover the power of balanced eating and fuel your body with wholesome choices. Connect with our nutrition experts for personalized tips on creating a nutritious and delicious lifestyle. Let's eat smart and live strong this March.

Check out these featured events!

VITA: Volunteer Income Tax Assistance
Saturdays (3/2, 3/16, 3/30)
10:00 AM - 3:00 PM

VITA volunteers are IRS-certified & offer free tax preparation to low to moderate income individuals & families - includes electronic filing for qualified individuals!

Lunch & Learn: Color Your Plate

Wednesday, March 13th

12:00 PM - 1:00 PM | Lunch is provided!

Eating fruits and veggies daily boosts health, lower risks of obesity, heart disease, and Type 2 diabetes. Join our presentation to learn about benefits and tips to increase your intake.

FREE Events Calendar

MARCH 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Barre 9:00 AM-10:00 AM	1 2 Let's Yoga! 9:00 AM-10:00 AM VITA: *Appointments required 10:00 AM-3:00 PM
	Save the Date: Saturday, April 13th! Join our Ready, Set, Bloom event from 10 am-1 pm. A FREE family-friendly event with fun activities!				
Tai Chi! 9:00 AM-10:00 AM	4 Weight Management to Prevent Diabetes 9:00 AM-10:00 AM	5 Let's Yoga! 9:00 AM-10:00 AM	6 Let's Zumba! 5:30 PM-6:30 PM	7 Barre 9:00 AM-10:00 AM	8 Let's Yoga! 9:00 AM-10:00 AM
Tai Chi! 9:00 AM-10:00 AM	11 Weight Management to Prevent Diabetes 9:00 AM-10:00 AM	12 Let's Yoga! 9:00 AM-10:00 AM Lunch & Learn: Color Your Plate 12:00 PM-1:00 PM	13 Let's Zumba! 5:30 PM-6:30 PM	14 Barre 9:00 AM-10:00 AM	15 Let's Yoga! 9:00 AM-10:00 AM VITA: *Appointments required 10:00 AM-3:00 PM
Tai Chi! 9:00 AM-10:00 AM	18 Weight Management to Prevent Diabetes 9:00 AM-10:00 AM Senior Technology 10:00 AM-11:30 AM	19 Let's Yoga! 9:00 AM-10:00 AM	20 Let's Zumba! 5:30 PM-6:30 PM	21 Barre 9:00 AM-10:00 AM	22 Let's Yoga! 9:00 AM-10:00 AM
Tai Chi! 9:00 AM-10:00 AM	25 Weight Management to Prevent Diabetes 9:00 AM-10:00 AM	26 Let's Yoga! 9:00 AM-10:00 AM Lunch & Learn: Mindfulness 12:00 PM-1:00 PM	27 Senior Game Day! 10:00 AM-11:00 AM Let's Zumba! 5:30 PM-6:30 PM	28 Barre 9:00 AM-10:00 AM	29 Let's Yoga! 9:00 AM-10:00 AM VITA: *Appointments required 10:00 AM-3:00 PM

Florida Blue Center – Pensacola

1680 Airport Blvd
 Pensacola, FL 32504
 1-850-202-4150

Mon.-Fri. 9 am-7pm; Sat., 9 am-4 pm
 No appointments necessary

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

floridablue.com/center

