



Mental health matters

This May, join Florida Blue in shining the light on mental health. Let's break the stigma and support one another, whether managing stress or promoting well-being. Join us in creating a community where mental health is a priority.

Check out these featured events!

Lunch & Learn: Fight Inflammation
Wednesday, May 8th
12:00 p.m. - 1:00 p.m.

Join us to learn more about the role of inflammation in the body and when too much inflammation damages your health. Lunch will be provided!

Senior Painting
Tuesday, May 14th
10:30 a.m. - 11:30 a.m.

Unleash your creativity and a healthier you! Painting can offer many proven health benefits, like reducing anxiety and depression. RSVP Required!

FREE Events Calendar MAY 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mental Health Month Join us for one of our Lunch & Learns or Live Painting Class!		Let's Yoga! 1 9:00 AM-10:00 AM	Let's Zumba! 2 5:30 PM-6:30 PM	Barre 3 9:00 AM-10:00 AM	Let's Yoga! 4 9:00 AM-10:00 AM
Tai Chi! 6 9:00 AM-10:00 AM	Weight Management to Prevent Diabetes 7 9:00 AM-10:00 AM	Let's Yoga! 8 9:00 AM-10:00 AM Lunch & Learn: Fight Inflammation 12:00 PM-1:00 PM	Let's Zumba! 9 5:30 PM-6:30 PM	Barre 10 9:00 AM-10:00 AM	Let's Yoga! 11 9:00 AM-10:00 AM
Tai Chi! 13 9:00 AM-10:00 AM	Weight Management to Prevent Diabetes 14 9:00 AM-10:00 AM Senior Painting 10:30 AM-11:30 AM	Let's Yoga! 15 9:00 AM-10:00 AM	Let's Zumba! 16 5:30 PM-6:30 PM	Barre 17 9:00 AM-10:00 AM	Let's Yoga! 18 9:00 AM-10:00 AM
Tai Chi! 20 9:00 AM-10:00 AM	Weight Management to Prevent Diabetes 21 9:00 AM-10:00 AM Senior Technology 10:00 AM-11:30 AM	Let's Yoga! 22 9:00 AM-10:00 AM Lunch & Learn: Building Resilience 12:00 PM-1:00 PM	Senior Game Day! 23 10:00 AM-11:00 AM Let's Zumba! 5:30 PM-6:30 PM	Barre 24 9:00 AM-10:00 AM	Let's Yoga! 25 9:00 AM-10:00 AM
27 Happy Memorial Day! Center closes at 2.	28	Let's Yoga! 29 9:00 AM-10:00 AM	Let's Zumba! 30 5:30 PM-6:30 PM	Barre 31 9:00 AM-10:00 AM	

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

