



# Let's Yoga!

Get centered with our FREE yoga class! Practice breathing, stretches and gentle yoga poses. Please wear comfortable clothes and bring your own yoga mat.

Invite your friends!

**Every Wednesday and Saturday | 9 a.m. - 10 a.m.**

Florida Blue Center- Pensacola

1680 Airport Blvd, Pensacola, FL 32504

To attend this event, visit [scheduler.floridablue.com](https://scheduler.floridablue.com) or scan the QR code below.

As a hub for a healthier life, the Florida Blue Centers connect neighbors like you to services, support, and advice that help you achieve better health. As part of your community, we make it a priority to inspire and motivate you to take an active role in your health and wellness.



**Scan the QR code to learn more.**

**1-850-202-4150**  
[floridablue.com/center](https://floridablue.com/center)

**Florida Blue**   
Your local Blue Cross Blue Shield