



BetterYou Prevention

A program from Florida Blue

# Mental well-being

One in five Americans will experience a mental illness during their lifetime. In this presentation we will talk about mental health and why it is important. You will learn about the most common types of mental illness and discuss ways to maintain positive mental health and keep your brain sharp as you age.

Scan the QR Code



Florida Blue  
**BetterYou**

Presented by Florida Blue and  
Your Florida Blue Care Team

Date:  
Wednesday, July 24, 2024  
Lunch will be provided to all attendees!

Time:  
12:00 PM - 1:00 PM

Place:  
Pensacola Florida Blue Center  
1680 Airport Blvd  
Pensacola, FL 32504

Contact:  
1-850-202-4150  
Monday-Friday: 9 AM-7 PM  
Saturday: 9 AM-4 PM

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