



Cultures of care in mental health

We're dedicated to supporting the unique mental health needs of diverse communities. Help us build a more inclusive and understanding future for mental wellness.

Check out these featured events!

Weight Management Every Tuesday starting 7/9 9:00 AM - 10:00 AM

Our 16-week program focuses on getting you back on the right track to a healthy lifestyle. Call your Florida Blue Neighborhood Center to sign up for this 16 week FREE program.

Oral Health: Something to Smile About Wednesday, 7/31 12:00 PM - 1:00 PM

Join us for a presentation to review the importance of dental health including flossing, brushing and what your dental exam can reveal about your health. Lunch is provided!

FREE Events Calendar JULY 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
Tai Chi! 9:00 AM-10:00 AM	1	2	Let's Yoga! 9:00 AM-10:00 AM	3	Happy Independence Day! Center is closed!	4	Barre 9:00 AM-10:00 AM	5	Let's Yoga! 9:00 AM-10:00 AM	6	
Tai Chi! 9:00 AM-10:00 AM	8	Weight Management to Prevent Diabetes Week 1 9:00 AM-10:00 AM Senior Painting* 10:30 AM-11:30 AM	9	Let's Yoga! 9:00 AM-10:00 AM Lunch & Learn: Skin Health 12:00 PM-1:00 PM	10	Blue Kids Book Club: Summer Series 11:30 AM-12:30 PM Let's Zumba! 5:30 PM-6:30 PM	11	Barre 9:00 AM-10:00 AM Summer Volunteer Income Tax Assistance (VITA) 10:00 AM-2:00 PM	12	Let's Yoga! 9:00 AM-10:00 AM	13
Tai Chi! 9:00 AM-10:00 AM	15	Weight Management to Prevent Diabetes Week 2 9:00 AM-10:00 AM Senior Technology 10:00 AM-11:30 AM	16	Let's Yoga! 9:00 AM-10:00 AM	17	Medicare Meeting 9:30 AM-11:00 AM Coffee & Convos with Project Opioid 11:30 AM-12:30 PM Zumba (5:30-6:30)	18	Barre 9:00 AM-10:00 AM	19	Let's Yoga! 9:00 AM-10:00 AM	20
Tai Chi! 9:00 AM-10:00 AM	22	Weight Management to Prevent Diabetes Week 3 9:00 AM-10:00 AM	23	Let's Yoga! 9:00 AM-10:00 AM Lunch & Learn: Mental Wellbeing 12:00 PM-1:00 PM	24	Senior Game Day! 10:00 AM-11:00 AM Blue Kids Book Club: (11:30-12:30) Let's Zumba! 5:30 PM-6:30 PM	25	Barre 9:00 AM-10:00 AM	26	Let's Yoga! 9:00 AM-10:00 AM	27
Tai Chi! 9:00 AM-10:00 AM	29	Weight Management to Prevent Diabetes Week 4 9:00 AM-10:00 AM	30	Let's Yoga! 9:00 AM-10:00 AM Dental Health: Something to Smile About (12 PM-1 PM)	31	<p>Save the Date!</p> <p>Free Back to School Event on Saturday, 8/3 at 10 a.m.</p> <p>RSVP today, everyone is welcome!</p>					

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

