



Weight management to prevent diabetes

Grab your spot and complete Weight Management to Prevent Diabetes, our 16-week program to learn the small changes in daily habits to help you reach your healthy weight and prevent diabetes. Our program focuses on getting you back on the right track to a healthy lifestyle. Our registered nurse meets with the group to discuss topics such as:

Weight management • Monitoring your numbers: height, weight, BMI, blood pressure • Fitness activities and staying active • Stress management • Healthy choices • Nutrition awareness • Motivation and support • Wellness coaching

Scan the QR Code



Presented by Florida Blue and
Your Florida Blue Care Team
Date:

Classes start July 9, 2024, and are every
Tuesday for 16 weeks.

Time:
9:00 AM - 10:00 AM

Place:
Pensacola Florida Blue Center
1680 Airport Blvd
Pensacola, FL 32304
Contact:

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

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