

Dive into a whole world of health solutions

Join us this spring and summer!



Warmer weather has arrived and so have more opportunities to improve your health and wellness at your local Florida Blue Center. Check out our calendar and join us for exciting, educational events designed to help you be your healthiest!

April: Bloom into the healthiest version of you

- **Fall prevention with our Registered Nurse, April 10, time 12-1 PM:** Learn fall prevention strategies and balance-boosting exercises to help keep you steady and strong.
- **Mental wellbeing for caregivers with our Community Specialist, April 24, time 12-1 PM:** Discover how to feel your best and take care of yourself while caring for others.

May: Better health, come rain or shine

- **Fighting inflammation with our Registered Nurse, May 8, time 12-1 PM:** Tackle chronic inflammation and uncover ways to combat it — including can't-miss recipes.
- **Building resilience with our Community Specialist, May 22, time 12-1 PM:** Explore tips and tools to build better mental resilience so you can bounce back both physically and emotionally.

June: Turn up the heat on your wellness journey

- **Staying healthy starts now with our Registered Nurse, June 12, time 12-1 PM:** Learn how to find an in-network Primary Care Provider and schedule your first appointment, plus when to visit Urgent Care or the ER.
- **The science of willpower with our Community Specialist, June 26, time 12-1 PM:** Find out how to strengthen your willpower to achieve your health and wellness goals.

We can't wait to see you at the Center!

Florida Blue Center - Pensacola

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RSVP Now!

Use your phone's camera to scan this code and sign up.



Florida Blue 
Your Health Solutions Partner