

Florida Blue Center Event Calendar

Pensacola

In the pursuit of a more financially fit you

Since you're probably looking at finances anyway, why not spend a little time this month adjusting your budget and finding new tax tips that work for you?



April 2018

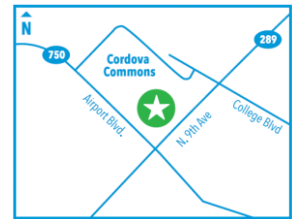
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Pensacola

1680 Airport Blvd.
Pensacola, FL 32504
850-202-4150

Monday-Friday, 9am-7pm
Saturdays, 9am-4pm
No appointments necessary.

FloridaBlueCenters.com



Meet Your Neighborhood Nurse, Monday-Friday, 10am - 5pm - Ask to meet your Neighborhood Nurse to get health advice, coaching and get a Personal Health Assessment.

2 Blue Balance, every Monday at 5:30pm & every Friday & Saturday at 8:30am – Taken from Ballet, Tai Chi and Yoga, this class is designed to strengthen the core and work on your posture, mobility and spine. Join us!

2 Yoga, every Monday & Wednesday at 8:30am – Get centered with our free yoga class! Please wear comfortable clothes and bring your own yoga mat.

3 Weight Watchers, every Tuesday at 5:45pm - Join our Weight Watchers group and learn more about weight management.

Florida Blue 
In the pursuit of health®

 = Care  = Fitness Event  = Education Event

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5 **Tai Chi, every Thursday at 5:30pm** – Join this free class where you will get fit and clear your mind. Please wear comfortable clothes and sneakers.

5 **Blood Drive, 4/5 from 9am-2pm** – We are hosting a blood drive with One Blood at our center. Join us by scheduling your appointment at floridabluecenters.com or call our center!

6 **8 Colors of Fitness, 4/6, 4/13, 4/20 at 10am** – The 8 Colors of Fitness Program is a 5-week program that will help you discover how you can create an exercise program you'll never quit.

10 **Quit Smoking Now (6 week class), starting 4/10 at 9:30am** - The Quit Smoking Now is free and provides nicotine replacement therapy while supplies last to those who are eligible. Classes meet every Tuesday for 6 weeks.

14 **Conversations with Care: Walking For Your Health, 4/14 at 12pm** – Learn how walking can improve your health! FREE LUNCH PROVIDED.

20 **BlueMedicare Basics, 4/20 & 4/24 at 10am** - You'll be eligible for Medicare soon and may have questions. Attend one of our free BlueMedicare Basics events to find the answer. We'll personally help you review your options to find the right plan for you, so RSVP today.

24 **Better You Blood Pressure Program, starting 4/24 at 5:30pm** - The Better You Blood Pressure Management Program is a 3-week program that teaches you how easy it is to monitor your heart, eat healthy, identify and monitor stress and manage high blood pressure.