

Events Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Food Smarts 10:00 AM - 11:00 AM	2 Yoga 9:00 AM - 10:00 AM	3 Bingo Night! 5:45 PM - 6:45 PM	4 Happy 4th of July! Center Closed	5 Yoga 9:00 AM - 10:00 AM
7 Tai Chi 9:00 AM - 10:00 AM	8 Weight Management (Wk1) 9:00 AM - 10:00 AM Live Painting 10:30 AM - 11:30 AM	9 Yoga 9:00 AM - 10:00 AM Guide to Plant-Based Eating 12:00 PM - 1:00 PM	10 Ocean Explorers Kids Book Club 12:30 PM - 1:30 PM	11 Barre 9:00 AM - 10:00 AM	12 Yoga 9:00 AM - 10:00 AM
14 Tai Chi 9:00 AM - 10:00 AM	15 Weight Management (Wk2) 9:00 AM - 10:00 AM Senior Technology 10:00 AM - 11:30 AM Member Orientation 5:30 PM - 6:30 PM	16 Yoga 9:00 AM - 10:00 AM Skin Health 12:00 PM - 1:00 PM	17 Donate Life: Kidney Health 5:30 PM - 6:30 PM	18 Barre 9:00 AM - 10:00 AM	19 Yoga 9:00 AM - 10:00 AM
21 Tai Chi 9:00 AM - 10:00 AM	22 Weight Management (Wk3) 9:00 AM - 10:00 AM Hurricane Preparedness 12:00 PM - 1:00 PM	23 Yoga 9:00 AM - 10:00 AM Building Resilience 12:00 PM - 1:00 PM	24 Ocean Explorers Kids Book Club 12:30 PM - 1:30 PM	25 Barre 9:00 AM - 10:00 AM	26 Yoga 9:00 AM - 10:00 AM
28 Tai Chi 9:00 AM - 10:00 AM	29 Weight Management (Wk4) 9:00 AM - 10:00 AM	30 Yoga 9:00 AM - 10:00 AM	31 Sickle Cell Awareness 10:00 AM - 11:00 AM	Save the Date! FREE Back to School Event on 8/2. RSVP today, all are welcome!	

Florida Blue Center — Pensacola

July featured events:

Donate Life: Kidney Health

Thursday, July 17

5:30 p.m. - 6:30 p.m.

Join us for a presentation dedicated to raising awareness about the vital connection between kidney health and organ donation.

Building Resilience

Wednesday, July 23

12:00 p.m. - 1:00 p.m.

In the last few years, we have all had our share of challenging and stressful events. This presentation will focus on identifying the elements within our control, learning tools and strategies to build resilience

Play it safe

Be smart when it comes to summertime fun.

1680 Airport Blvd
 Pensacola, FL 32504
 1-850-202-4150

Mon — Fri., 9 a.m. — 7 p.m., Sat. 9 a.m. - 4 p.m.
 No appointments necessary

www.FloridaBlue.com/Centers



Scan the QR code then
 enter your zip code to
 find events at your local
 Florida Blue Center.