



Small scale victories. Large-scale wins.

Our 16-week Weight Management to Prevent Diabetes program will help you learn the small changes in daily habits to help you reach your healthy weight and prevent diabetes.

This program focuses on getting you back on the right track to a healthy lifestyle.

Our registered nurses and community specialists meet with the group to discuss topics like:

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

Florida Blue 
Your Health Solutions Partner

Classes start February 4, 2025 and are every Tuesday at 9 a.m. for 16 weeks.



To register, please call **1-850-202-4150** or visit **www.FloridaBlue.com/Center**

**Pensacola Florida Blue Center
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