

# Florida Blue Center Event Calendar

## Westshore Center

### In the pursuit of a more family-focused you

Strengthen your family and you all benefit. Eat meals together, plan weekend activities and have an electronics-free weeknight now and then. They'll thank you for it someday!



### October 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

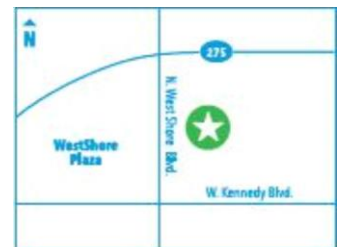
### Westshore

201 N. Westshore Blvd.  
Tampa, FL 33609  
813-282-9910

Located across Westshore Plaza  
Monday-Saturday, 9am-7pm

**\*Open at 8 am Starting 10/15**

[FloridaBlueCenters.com](http://FloridaBlueCenters.com)



**Fit Club** – Visit Our Innovation Tech Hub before or after class to test out the latest fitness apps and receive a gift card.

**FIT CLUB**

Tai Chi Class, Wednesdays at 5:30 pm

Yoga Class, Saturdays at 9:00 am

### Meet Your Neighborhood Nurse Monday through Saturday, 10 am - 5 pm

- Ask to meet your Neighborhood Nurse to get health advice, coaching and get a Personal Health Assessment. Please call for a Saturday appointment.

**Flu Shots from Walgreens-** Stop by our center on select dates to get your flu shot from a Walgreens Pharmacist. See a member of our staff to schedule your appointment

**Florida Blue**   
In the pursuit of health®

 = Care  = Fitness Event  = Education Event

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**4** **Florida Blue Better You wellness Talk: Breast Cancer & Women's Health at 12 pm** - Join us for a live webinar to discuss breast cancer and women's health.

**5** **Boosting Brain Health Seminar Thursday 10/5 at 5:30** - Join your Neighborhood Nurse for an overview on how maintaining brain health and enhancing lifelong learning is a vital part of aging and quality of life at every age.

**10** **Conversations with care: Breast Cancer at 12:00 pm** - Join your Neighborhood Nurses for an overview of Breast Cancer, as well as myths and facts. We will also discuss risk factors and the importance of early detection.

**13** **Better You Stress Less 10/13, 10/20, 10/27, 11/3 & 11/10 at 10 am** - Better You Stress Less is a 5-week workshop series for stress management. This is a unique opportunity for you to discover how stress is impacting you. You will also learn effective stress reducing techniques and relaxation strategies you can start using immediately

**17** **Medicare Advantage Annual Enrollment Seminar, Tuesday 10/17 at 10 am and 2 pm** - See why Florida Blue is your source for Medicare Advantage Plans and get a FREE entertainment coupon book. Don't miss your chance to enroll now! Reserve your seat today and take advantage of the Annual Election Period to get coverage that delivers the value you're looking for.

**18** **Wednesday Webinar: Women's Health, 12 pm** - Hear from CliniSanitas during this provider webinar hosted at our center.

**24** **Conversations with care: Eating Well for a Busy Life at 12:00 pm** - Come join your Neighborhood Nurse and learn more about how to eat healthy in a schedule driven world.

**24** **Medicare Advantage Annual Enrollment Seminar, Tuesday 10/24 at 10 am and 2 pm** - See why Florida Blue is your source for Medicare Advantage Plans and get a FREE entertainment coupon book. Don't miss your chance to enroll now! Reserve your seat today and take advantage of the Annual Election Period to get coverage that delivers the value you're looking for.

**25** **Frankly Speaking About Cancer: Lung Cancer, 10/25 5:30 pm - 7:30pm** - This workshop will help people with lung cancer and their loved ones, at any stage of illness, become more active participants in treatment-decision making and will help them better cope with life during and after cancer treatment. Light meal will be provided.

**26** **Better You The Sweet Life 10/26, 11/2 & 11/9 at 10:30 am** - Living with diabetes is not easy and can be complicated. Join this 3-week program for a diabetes overview, tools for glucose monitoring and keeping your blood glucose at your target.

**28** **Medicare Advantage Annual Enrollment Seminar, Saturday 10/28 at 10 am** - See why Florida Blue is your source for Medicare Advantage Plans and get a FREE entertainment coupon book. Don't miss your chance to enroll now! Reserve your seat today and take advantage of the Annual Election Period to get coverage that delivers the value you're looking for.