

Florida Blue Center Event Calendar

Carrollwood Center

In the pursuit of a more well-fed you

Eating healthy is easy when you make it a habit. Try some delicious new recipes that reduce salt, use healthy oils and include local, in-season veggies. You might even go organic!



May 2018

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|--------|----------|--------|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

15030 N. Dale Mabry Hwy.
Tampa, FL 33618
813-264-3000

Monday-Friday, 9am - 7pm.
Saturday, 9am - 4pm

**5/28 Open 9am - 2pm*

No appointments necessary.

FloridaBlueCenters.com



Yoga Class, Wednesdays at 5:30 pm Get centered again and gain flexibility in this FREE class. This class is great for any fitness level. Please wear comfortable shoes and clothes.

Tai Chi Class, Fridays at 9:00 am Join this FREE class where you will get fit and clear your mind. Please wear comfortable shoes and clothes

Champions for Children Diaper Drive
The Diaper Program aims to support families while providing valuable development information and resources to help meet the child's needs. Please drop off your donations during the month of May at our Florida Blue retail center and help an infant or toddler stay clean, dry and healthy!

Blue Medicare Basics, 5/25 and 5/31 at 2:00 PM - 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.

11 Mother's Day Celebration 5/5 at 10 AM - Come join us as we celebrate one of the most special days of the year... Mother's Day! Moms come and enjoy your special day and receive a gift from us and more!



In the pursuit of health®

