

Florida Blue Center Event Calendar

Westshore 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			

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

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

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

FloridaBlueCenters.com



Fit Club - Join any or all of our FREE Fit Club Classes open to the public! Attend any 4 classes and you will receive a gift from us.

Tai Chi Class, Wednesdays at 5:30 pm

Yoga Class, Saturdays at 9:00 am

Meet Your Neighborhood Nurse

Monday- Friday, 9 am – 5 pm and Saturdays, 10am to 4pm by appointment.. Ask to meet your Neighborhood Nurse to get health advice, coaching and get a Personal Health Assessment. *Visit your Neighborhood Nurse and get a free salad shaker!

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!

1

Better You Blood Pressure Program, 5/1 & 5/8 at 5:30 PM-

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.



In the pursuit of health®



■ = Care ■ = Fitness Event ■ = Education Event

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5 **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 can enjoy a well-deserved chair massage, special gifts and more!

10 **Advanced Nutrition starting 5/10 at 12:00 PM -** Join us for a 3-week series on advanced nutrition topics. Throughout the series you will learn about food and cancer prevention, sustainable weight loss, digestive health and more! Free lunch provided

12 **Conversations with Care: 10 Healthy Habits for Busy Women 5/12 at 12:00 PM to 1:00 PM**
Maintaining good health can be a challenge, especially for women who are busy balancing work and life. Join us as we identify those health conditions that affect women. Learn prevention and treatment practices. Free lunch provided.

15 **Live Well with Diabetes, 5/15, 5/22, 5/29 at 10:00 AM** – This 3-part series will help you live well with diabetes. Learn how diabetes affects your body, how to manage your health with lifestyle behavior changes and more.

18 **Soccer 101 with the Rowdies, 5/18 at 5:30 PM-**
Join us for a fun afternoon and hear from the Rowdies team and learn more about the basics and fundamentals of soccer. FREE Rowdies giveaways and a chance to win Free tickets!

24 **Blue Medicare Basics, 5/24 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.

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