

# MY KIND OF OCTOBER



Florida Blue

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!

### Check Out These Featured Events!

**Stress Less**



Mon - 10/1, 10/8,  
10/15, 10/22 &  
10/29

12:00 p.m.

**Conversations with Care: Sleep**



Saturday  
10/13

12:00 p.m.

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. Attend 3 of 5 sessions & receive a FREE Yoga Kit!

This presentation covers the purpose of sleep, how much sleep is enough, and how to improve your quality of sleep with strategies, tips and helpful resources. Lunch provided.

### Member Health Assessments

Hear from the world's happiest people! Members, get your Personal Health Assessment and receive the "Thrive: Finding Happiness the Blue Zones Way" book.

All month of October.

### Free Yoga class

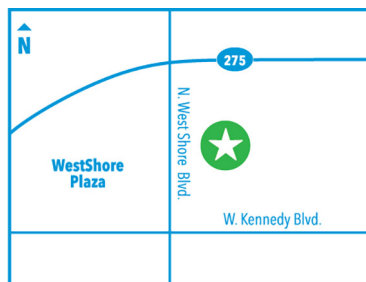
Get centered with our free yoga class! Please wear comfortable clothes and bring your own yoga mat.

Tues at 5:30pm & Sat at 9 am

### Medicare Advantage Seminars

Our licensed agents will walk you through your BlueMedicare options to choose the plan that best meets your needs.

See back for dates and times!



### Florida Blue Center - Westshore

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

Monday-Friday, 9 a.m.-7 p.m.

No appointments necessary.  
[www.floridablue.com/centers](http://www.floridablue.com/centers)

Let's get social! Find us on Facebook @ [FloridaBlueWestShore](https://www.facebook.com/FloridaBlueWestShore)

Follow us on social media and learn why better health starts here.



### Don't Miss Out!

Take advantage of these free events for you and your family. You can even bring a friend!

Flip the page for even more events!

# October

2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>Stress Less (12:00 PM)</p>	<p>2</p> <p>Yoga (5:30 PM)</p>	<p>3</p> <p>Diabetes Prevention Program (10:00 AM)</p> <p>Tai Chi (5:30 PM)</p>	<p>4</p> <p>Flu Shots (10 AM - 12 PM)</p>	<p>5</p> <p>Better You Blood Pressure (10:00 AM)</p>	<p>6</p> <p>Yoga (9:00 AM)</p>
<p>8</p> <p>Stress Less (12:00 PM)</p>	<p>9</p> <p>Yoga (5:30 PM)</p>	<p>10</p> <p>Diabetes Prevention Program - Week 6 (10:00 AM)</p> <p>Tai Chi (5:30 PM)</p>	<p>11</p> <p>Flu Shots (10 AM - 12 PM)</p>	<p>12</p> <p>Better You Blood Pressure (10:00 AM)</p>	<p>13</p> <p>Yoga (9:00 AM)</p> <p>Conversations with Care: Sleep (12:00 PM)</p>
<p>15</p> <p>Stress Less (12:00 PM)</p>	<p>16</p> <p>Yoga (5:30 PM)</p>	<p>17</p> <p>Diabetes Prevention Program - Week 7 (10:00 AM)</p> <p>Medicare Advantage Seminars (2:00 PM - ENG)</p> <p>Tai Chi (5:30 PM)</p>	<p>18</p> <p>Flu Shots (10 AM - 12 PM)</p>	<p>19</p> <p>Better You Blood Pressure (10:00 AM)</p> <p>Medicare Advantage Seminars (2:00 PM - ESP)</p> <p>No nurse available today.</p>	<p>20</p> <p>Yoga (9:00 AM)</p> <p>No nurse available today.</p>
<p>22</p> <p>Stress Less (12:00 PM)</p> <p>No nurse available today.</p>	<p>23</p> <p>Medicare Advantage Seminars (2:00 PM)</p> <p>Yoga (5:30 PM)</p>	<p>24</p> <p>Diabetes Prevention Program - Week 8 (10:00 AM)</p> <p>Tai Chi (5:30 PM)</p>	<p>25</p> <p>Flu Shots (10 AM - 12 PM)</p> <p>Medicare Advantage Seminars (2:00 PM- ENG)</p>	<p>26</p> <p>Meet Your Neighborhood Nurse! Monday - Friday 9am - 5pm Get health advice, coaching and a Personal Health Assessment.</p>	<p>27</p> <p>Yoga (9:00 AM)</p>
<p>29</p> <p>Stress Less (12:00 PM)</p>	<p>30</p> <p>Yoga (5:30 PM)</p>	<p>31</p> <p>Diabetes Prevention Program - Week 9 (10:00 AM)</p> <p>Medicare Advantage Seminars (2:00 PM- ENG)</p> <p>Tai Chi (5:30 PM)</p>	