

# MY KIND OF FEBRUARY



Florida Blue

Carrollwood Center

## My Kind of Self Care

Getting healthy and staying there requires maintenance. This month is a great time to tune up your diet, check your blood pressure and follow through on checkups.

### Check Out These Featured Events!

#### Member Appreciation Celebration

Saturday  
2/9/19

10AM - 1PM



Come celebrate your family's health and well-being! Learn about member perks and resources, plus enjoy free snacks and fun activities.

#### Wear Red Day

Friday  
2/1/19

9AM - 5PM



In support of women's health, wear red and visit our center on 2/1 to receive heart health tips & a special gift from us!

#### Yoga

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

Wednesdays at 5:30 PM

#### Tai Chi

Join this free class where you will get fit and clear your mind. Please wear comfortable clothes and sneakers.

Fridays at 9:00AM



#### Florida Blue Center - Carrollwood

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

Monday-Saturday 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 @  
[FloridaBlueCarrollwood](https://www.facebook.com/FloridaBlueCarrollwood)

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



#### Fit Club Class Reward

Earn rewards when you attend 5, 10 and 25 FREE Fit Club classes at our center. Find out more today!

Flip the page for even more events!

# February

2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<p>1</p> <p>Tai Chi (9:00AM)</p> <p>Wear Red Day (9AM - 5PM)</p>	<p>2</p>
<p>4</p>	<p>5</p>	<p>6</p> <p>Yoga (5:30PM)</p>	<p>7</p>	<p>8</p> <p>Tai Chi (9:00AM)</p>	<p>9</p> <p>Member Appreciation Celebration (10AM-1PM)</p> <p>Learn about member perks plus enjoy free snacks &amp; fun activities.</p>
<p>11</p>	<p>12</p>	<p>13</p> <p>Yoga (5:30PM)</p>	<p>14</p> <p>Happy Valentine's Day!</p>	<p>15</p> <p>Tai Chi (9:00AM)</p>	<p>16</p>
<p>18</p>	<p>19</p>	<p>20</p> <p>Yoga (5:30PM)</p>	<p>21</p>	<p>22</p> <p>Tai Chi (9:00AM)</p>	<p>23</p>
<p>25</p>	<p>26</p>	<p>27</p> <p>Yoga (5:30PM)</p>	<p>28</p>		