

# MY KIND OF FEBRUARY



Florida Blue

Westshore 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.

**Food & Cancer Prevention, Is there a Link?**  
Tuesday  
2/12/19



**12PM**

Discuss the nutrition guidelines for cancer prevention to help you reduce your cancer risk with your food choices. Complimentary lunch provided.

### Free Health Check = Rewards!

Members are eligible to receive a complimentary cookbook when completing a Personal Health Assessment at our center \*While supplies last.

2/1/19 - 2/28/19

### Wear Red Day

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!

2/1 from 9am - 5pm

### Fit Club Yoga

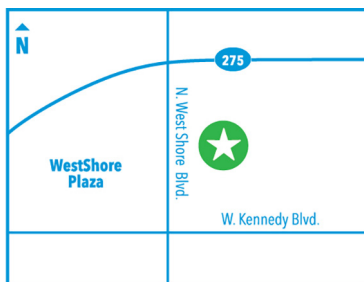
Get centered with our free yoga class! Please wear comfortable clothes and bring your own yoga mat.

Tuesdays 5:30 & Saturdays 9am

### 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!**



### Florida Blue Center - Westshore

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

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 @ [FloridaBlueWestShore](https://www.facebook.com/FloridaBlueWestShore)

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



# February

2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Members, complete a Personal Health Assessment at our center during the month of February and receive a cookbook! *While supplies last.</p>				<p><b>1</b></p> <p>Wear Red Day (9AM - 5PM) Wear red on this day and visit our center to receive heart health tips &amp; a special gift from us!</p>	<p><b>2</b></p> <p>Yoga (9AM)</p>
<p><b>4</b></p>	<p><b>5</b></p> <p>Yoga (5:30PM)</p>	<p><b>6</b></p> <p>Color Me Fit (10AM) Tai Chi (5:30PM)</p>	<p><b>7</b></p>	<p><b>8</b></p>	<p><b>9</b></p> <p>Yoga (9AM)</p> <p>Member Appreciation Celebration (10AM-1PM) Learn about member perks plus enjoy free snacks &amp; fun activities.</p>
<p><b>11</b></p>	<p><b>12</b></p> <p>Conversations with Care: Food and Cancer Prevention, Is there a Link? (12PM) Yoga (5:30PM)</p>	<p><b>13</b></p> <p>Color Me Fit (10AM) Tai Chi (5:30PM)</p>	<p><b>14</b></p> <p>Happy Valentine's Day!</p>	<p><b>15</b></p>	<p><b>16</b></p> <p>Yoga (9AM)</p>
<p><b>18</b></p>	<p><b>19</b></p> <p>Yoga (5:30PM)</p>	<p><b>20</b></p> <p>Tai Chi (5:30PM)</p>	<p><b>21</b></p>	<p><b>22</b></p>	<p><b>23</b></p> <p>Yoga (9AM)</p>
<p><b>25</b></p> <p>Members, complete a Personal Health Assessment at our center during the month of February and receive a cookbook! *While supplies last.</p>	<p><b>26</b></p> <p>Yoga (5:30PM)</p>	<p><b>27</b></p> <p>Tai Chi (5:30PM)</p>	<p><b>28</b></p>	<p>Members, complete a Personal Health Assessment at our center during the month of February and receive a cookbook! *While supplies last.</p>	