

MY KIND OF OCTOBER



Florida Blue

Carrollwood 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!

Medicare Advantage Seminars

10/17, 10/22,
10/24, & 10/29

10:00 a.m.



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

Flu Shots

10/4, 10/11,
10/18 & 10/25

10 am - 12 pm



Get your flu shot at our center for no additional cost and meet with the Walgreens Pharmacist. Receive a FREE Walgreens gift card when you get your flu shot *While supplies last.

Yoga Class

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

Wednesdays at 5:30 p.m.

Line Dancing

Join us for a Silver Sneakers Line Dancing class. We join in the fun!

Thursdays at 10:00 a.m.

Tai Chi Class

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

Fridays at 9:00 a.m.



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

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.



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
1	2	3 Yoga (5:30 PM)	4 Silver Sneakers Line Dancing (10 AM) Flu Shots (10 AM - 12 PM)	5 Tai Chi (9:00 AM)	6
8	9	10 Yoga (5:30 PM)	11 Silver Sneakers Line Dancing (10AM) Flu Shots (10 AM - 12 PM)	12 Tai Chi (9:00 AM)	13
15	16	17 Medicare Advantage Seminars (10:00 AM) Yoga (5:30 PM)	18 Silver Sneakers Line Dancing (10 AM) Flu Shots (10 AM - 12 PM)	19 Tai Chi (9:00 AM)	20
22 Medicare Advantage Seminar (10:00 AM)	23	24 Medicare Advantage Seminar (10:00 AM) Yoga (5:30 PM)	25 Silver Sneakers Line Dancing (10 AM) Flu Shots (10 AM - 12 PM)	26 Tai Chi (9:00 AM)	27
29 Medicare Advantage Seminars (10:00 AM)	30	31 Yoga (5:30 PM)			