

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Join us for one of our wellness classes, all are welcome!</p>					<p>1 Let's Yoga! 9:00 AM-10:00 AM</p> <p>VITA: Volunteer Income Tax Assistance 10:00 AM-3:00 PM</p>
<p>3</p>	<p>4 Weight Management to Prevent Diabetes (Week 5) 9:00 AM-10:00 AM</p>	<p>5 Let's Yoga! 9:00 AM-10:00 AM</p>	<p>6 Let's Zumba! 5:30 PM-6:30 PM</p>	<p>7 Barre 9:00 AM-10:00 AM</p>	<p>8 Let's Yoga! 9:00 AM-10:00 AM</p> <p>VITA: Volunteer Income Tax Assistance 10:00 AM-3:00 PM</p>
<p>10</p>	<p>11 Weight Management to Prevent Diabetes (Week 6) 9:00 AM-10:00 AM Food Smarts Cook Demo 10:30 AM-11:30 AM</p>	<p>12 Let's Yoga! 9:00 AM-10:00 AM</p> <p>Healthy Meals in 20 Minutes 10:30 AM - 11:30 AM</p>	<p>13 Let's Zumba! 5:30 PM-6:30 PM</p>	<p>14 Barre 9:00 AM-10:00 AM</p>	<p>15 Let's Yoga! 9:00 AM-10:00 AM</p> <p>VITA: Volunteer Income Tax Assistance 10:00 AM-3:00 PM</p>
<p>17</p>	<p>18 Weight Management (Week 7) 9:00 AM-10:00 AM</p> <p>Senior Technology 10:00 AM - 11:30 AM</p>	<p>19 Let's Yoga! 9:00 AM-10:00 AM</p> <p>Boosting Brain Health 10:30 AM - 11:30 AM</p>	<p>20 Member Orientation 12:00 PM - 1:00 PM</p> <p>Let's Zumba! 5:30 PM-6:30 PM</p>	<p>21 Barre 9:00 AM-10:00 AM</p>	<p>22 Let's Yoga! 9:00 AM-10:00 AM</p> <p>VITA: Volunteer Income Tax Assistance 10:00 AM-3:00 PM</p>
<p>24</p>	<p>25 Weight Management to Prevent Diabetes (Week 8) 9:00 AM-10:00 AM</p>	<p>26 Let's Yoga! 9:00 AM-10:00 AM</p> <p>Power of Positivity 10:30 AM - 11:30 AM</p>	<p>27 Sickle Cell Awareness w/ American Red Cross 10:00 AM - 11:00 AM Let's Zumba! 5:30 PM-6:30 PM</p>	<p>28 Barre 9:00 AM-10:00 AM</p>	<p>29 Let's Yoga! 9:00 AM-10:00 AM</p> <p>VITA: Volunteer Income Tax Assistance 10:00 AM-3:00 PM</p>
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Florida Blue Center — Pensacola

March featured events:

Food Smarts Cooking Demo

Tuesday, March 4

10:00 a.m. - 11:00 a.m.

Join us for a meal planning and cooking demo class with Feeding the Gulf Coast! *RSVP is required, class is limited to 30 attendees.



Scan the QR code then enter your zip code to find events at your local Florida Blue Center.

Sickle Cell Awareness

Thursday, March 27

10:00 a.m. - 11:00 a.m.

Join the American Red Cross for a Sickle Cell Awareness Presentation, an educational event aimed at raising awareness about sickle cell disease and its impact on individuals and families.

Fuel your body
with nutritious meals
and healthy habits



**1680 Airport Blvd
Pensacola, FL 32504
1-850-202-4150**

Mon.— Fri., 9 am — 7 pm; Sat. 9 am — 4 pm
No appointments necessary

www.FloridaBlue.com/Center