

March 2010

Calendar of events for Tampa

Listings of free workshops and special events.



March is National Nutrition Month.

Learn more about good nutrition and ways to stay healthy during one of our Weekly Wellness events or at our monthly Health Fair.



6th [10 am – 6 pm] or 7th [12 – 6 pm] Grand Opening

Join us for a weekend filled with special guest appearances, great register-to-win opportunities, healthy refreshments and much more. Sample all that Florida Blue has to offer. We're here to help you Choose Well, Spend Well and Live Well.



1st Lightning Insurance Seminar [6 – 7 pm]

Calling all Lightning Fans! Be Rewarded for Educating Yourself. This is your chance to learn the basics of health insurance. And, as a thank you for participating, Florida Blue will give participants 2 **FREE** tickets to the Lightning game on Tuesday, March 2nd. **Space is limited, register today to secure your spot, www.bcbsfseminars.com.**



9th or 11th Medicare Plans Overview [2 – 3 pm]

It's open enrollment time—the time when people with Medicare may be able to switch their health plan—and **Florida Blue** is here to help you. Join us for one of our Medicare Plans Overview sessions to find out, in person, what Medicare Plans are available to you and if you are eligible to change your health coverage. **Space is limited, so contact the center to pre-register today!**



Weekly Wellness [6 – 8 pm]

- 10th** **Eat this, not that.** Join us for helpful pointers on what to eat when you're out and about as well as a list of foods you should eat daily. Adapted from the book *Eat This, Not That!* (Rodale Press), this presentation is full of great advice.
- 17th** **Got Green? Nutritional needs for an on-the-go lifestyle.** Discover the many benefits of vegetables and fruits! We'll help you understand why eating greens can keep you healthy and highlight key nutrients you need and how to get them.
- 24th** **Diabetes: Helpful disease management tips.** Do you, or someone you know, have diabetes? If so, this presentation is for you. Designed by The National Diabetes Education Program, it focuses on helping you understand diabetes and provides helpful disease management tips.
- 31st** **Health Insurance 101.** Your Guide to Understanding Insurance Basics. Join Florida Blue as we talk about everything from PPOs to HSAs, Out-of-Network to Co-pays. This is your chance to learn the basics of health insurance.



13th Health Fair [10 am – 4 pm]

Let **Florida Blue** help you understand the basics of good nutrition.

Join us for our monthly Health Fair and discover helpful eating tips during our ongoing Nutrition 101 classes. Of course we'll also have **FREE** health screenings with one-on-one coaching, **FREE** relaxing massages and great register-to-win opportunities. Don't miss the fun!



16th, 18th or 20th Approaching Medicare Information Sessions [10 – 11:30 am]

As you approach age 65, one of the most important things you will do is make decisions about your health care coverage. Florida Blue offers monthly Approaching Medicare Information Sessions that are the perfect occasion to have your Medicare questions answered and get professional advice on your health plan needs, in person. **Space is limited, choose the day and time that works best for you and call 1-800-898-3572 to register today!**



It's Wednesday night, want to visit?

The Florida Blue center presents a Weekly Wellness topic each Wednesday starting at 6 pm. Pick a topic that interests you and be sure to stop in. Professional education, helpful tips and resources to help you be well.

Are you interested in our Health Fair? Stop by the 2nd Saturday of every month and check out the Health Fair at Florida Blue. Receive a **FREE** health screening, enjoy a relaxing massage and learn helpful tips for staying well.

Are you approaching 65?

To help make your transition to Medicare as informed as possible, the Florida Blue center offers "Approaching Medicare Information Sessions" the 3rd week of every month. Check the calendar and contact the center to pre-register today!

Call us at 1-877-FL-BLUE-0 or visit us at floridablue.com to register for an event.