

2024 Statewide Wellness Calendar

Monthly Live Webinars & Newsletter Topics

All times noted are Eastern Time Zone



January Healthy Start

- **FLORIDA BLUE TOPIC*** (1/9 – 1pm-1:45pm)
 - *Eating for Health*
- **ASK THE DIETITIAN*** (1/10 – 1pm-1:45pm)
 - *All about Hunger Hormones*
- **SANITAS*** (1/17 – 12pm-1pm)
 - *Preventive Care and General Wellness*
- **FLORIDA BLUE NEWSLETTER**
 - *Adding physical activity to your day*
 - *Planning a pregnancy*
- [Find a Florida Blue Center](#)

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February Heart Health Month

- **FLORIDA BLUE TOPIC *** (2/13: 1pm-1:45pm)
 - *Heart Healthy Living*
- **ASK THE DIETITIAN*** (2/14 – 1pm-1:45pm)
 - *Lower Your Sodium Level*
- **SANITAS*** (2/21 – 12pm-1pm)
 - *Heart Health*
- **CHRONIC CONDITION SERIES*** (2/1, 2/8, 2/15 – 2pm-3pm)
 - *Blood Pressure Control*
- **FLORIDA BLUE NEWSLETTER**
 - *Stress management for heart health*
 - *Heart healthy fitness*
- [Find a Florida Blue Center](#)

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March National Nutrition Month

- **FLORIDA BLUE TOPIC *** (3/12 – 1pm-1:45pm)
 - *A Guide to Plant-Based Eating*
- **ASK THE DIETITIAN*** (3/13 – 1pm-1:45pm)
 - *National Nutrition Month ~ TBD*
- **SANITAS*** (3/21 – 12pm-1pm)
 - *Osteoarthritis vs. Rheumatoid Arthritis*
- **CHRONIC CONDITION SERIES*** (3/7, 3/14, 3/21 – 2pm-3pm)
 - *Healthy Living Prediabetes Series*
- **FLORIDA BLUE NEWSLETTER**
 - *National Nutrition Month topic*
 - *Vision health*
- [Find a Florida Blue Center](#)

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April Spring into Action

- **FLORIDA BLUE TOPIC *** (4/9 – 1pm-1:45pm)
 - *Deskercise*
- **ASK THE DIETITIAN*** (4/10 – 1pm-1:45pm)
 - *Be More Plant-Based*
- **SANITAS*** (4/17 – 12pm-1pm)
 - *Respiratory Diseases*
- **BEHAVIORAL HEALTH*** (4/18 – 1pm-2pm)
 - *Substance Use Disorders*
- **CHRONIC CONDITION SERIES*** (4/4, 4/11, 4/18 – 2pm-3pm)
 - *Understanding Your Cholesterol*
- **FLORIDA BLUE NEWSLETTER**
 - *Social determinants of health*
 - *Substance use disorders*
- [Find a Florida Blue Center](#)

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May National Women's Health Month

- **FLORIDA BLUE TOPIC *** (5/14 – 1pm-1:45pm)
 - *Mental Well-Being for Caregivers*
- **ASK THE DIETITIAN*** (5/8 – 1pm-1:45pm)
 - *Staying Hydrated*
- **SANITAS*** (5/15 – 12pm-1pm)
 - *Healthy Eating: Mindful Eating*
- **BEHAVIORAL HEALTH*** (5/16 – 1pm-2pm)
 - *Youth Mental Health*
- **CHRONIC CONDITION SERIES*** (5/9, 5/16, 5/23 – 2pm-3pm)
 - *Weight and Chronic Conditions*
- **FLORIDA BLUE NEWSLETTER**
 - *Youth mental health*
 - *Preeclampsia*
- [Find a Florida Blue Center](#)

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June National Men's Health / Safety Month

- **FLORIDA BLUE TOPIC *** (6/11 – 1pm-1:45pm)
 - *Sleep*
- **ASK THE DIETITIAN*** (6/12 – 1pm-1:45pm)
 - *No Time to Eat?*
- **SANITAS*** (6/26 – 12pm-1pm)
 - *Mental Health: Depression*
- **BEHAVIORAL HEALTH*** (6/20 – 1pm-2pm)
 - *Eating Disorders*
- **FLORIDA BLUE NEWSLETTER**
 - *Men's health*
 - *Eating disorders*
- [Find a Florida Blue Center](#)

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July Sleep and Healthy Aging Month

- **FLORIDA BLUE TOPIC *** (7/9 – 1pm-1:45pm)
 - *Fighting Inflammation*
- **ASK THE DIETITIAN*** (7/10 – 1pm-1:45pm)
 - *Should We Eat Organic?*
- **SANITAS*** (7/17 – 12pm-1pm)
 - *Healthy Eating: The Power of Probiotics*
- **BEHAVIORAL HEALTH*** (7/18 – 1pm-2pm)
 - *Diversity/Mental Health Care*
- **FLORIDA BLUE NEWSLETTER**
 - *Diversity/mental health care*
 - *Mindful moments*
- [Find a Florida Blue Center](#)

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August Children's Health Month

- **FLORIDA BLUE TOPIC *** (8/13 – 1pm-1:45pm)
 - *Beyond the Stress Ball*
- **ASK THE DIETITIAN*** (8/14 – 1pm-1:45pm)
 - *Sports Nutrition*
- **SANITAS*** (8/21 – 12pm-1pm)
 - *Health as You Age*
- **CHRONIC CONDITION SERIES*** (8/1, 8/8, 8/15 – 2pm-3pm)
 - *Blood Pressure Control*
- **FLORIDA BLUE NEWSLETTER**
 - *Kid's health*
 - *Car seat safety*
- [Find a Florida Blue Center](#)

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September Stress Management & Immune Function Month

- **FLORIDA BLUE TOPIC *** (9/10 – 1pm-1:45pm)
 - *Preventive Care: Putting Things First*
- **ASK THE DIETITIAN*** (9/11 – 1pm-1:45pm)
 - *Food Additives*
- **SANITAS*** (9/18 – 12pm-1pm)
 - *Self-Care vs. Medical Care*
- **FLORIDA BLUE NEWSLETTER**
 - *Importance of hydration*
 - *Fun workout ideas*
- [Find a Florida Blue Center](#)

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October National Breast Cancer Awareness Month

- **FLORIDA BLUE TOPIC *** (10/8 – 1pm-1:45pm)
 - *Breast Cancer*
- **ASK THE DIETITIAN*** (10/9 – 1pm-1:45pm)
 - *Shopping on a Budget*
- **SANITAS*** (10/16 – 12pm-1pm)
 - *Stress Management*
- **FLORIDA BLUE NEWSLETTER**
 - *Stay safe during flu season*
 - *Depression*

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November American Diabetes Awareness Month

- **FLORIDA BLUE TOPIC *** (11/12 – 1pm-1:45pm)
 - *Stay Healthy, Prevent Diabetes*
- **ASK THE DIETITIAN*** (11/13 – 1pm-1:45pm)
 - *Diabetes Diet Basics*
- **SANITAS*** (11/20 – 12pm-1pm)
 - *Holiday Eating Survival Guide*
- **CHRONIC CONDITION SERIES*** (11/7, 11/14, 11/21 – 2pm-3pm)
 - *Live Well with Diabetes*
- **FLORIDA BLUE NEWSLETTER**
 - *Diabetes*
 - *Warning signs after delivery*
- [Find a Florida Blue Center](#)

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December Healthy Holidays

- **FLORIDA BLUE NEWSLETTER**
 - *Mindful eating during the holidays*
 - *Try something new this holiday season*
- [Find a Florida Blue Center](#)

Promo emails with registration links for ALL webinars will be sent a few weeks prior to an event.

Florida Blue webinars – 2nd Tuesday of the month from January through November at 1pm

Ask the Dietitian webinars – 2nd Wednesday of the month, from January through November at 1pm

Sanitas webinars – 3rd Wednesday of the month (except March moved to 3/21 and June, moved to 6/26) from January through November at 12pm

Behavior Health webinars – 3rd Thursday of the month in April, May, June & July at 1pm

Chronic Condition Series – 3-part webinars for those diagnosed with/or wanting to know more about a specific health condition.

Please note – webinar dates and newsletter topics subject to change.

3.1.24