

2025 Statewide Wellness Calendar

Monthly Live Webinars & Newsletter Topics

All times noted are Eastern Time Zone



January Healthy Start

- **FLORIDA BLUE TOPIC*** (1/14 – 1pm-1:45pm)
 - Boost: Transform Your Workday
- **ASK THE DIETITIAN*** (1/8 – 1pm-1:45pm)
 - Reset after the Holidays
- **SANITAS*** (1/15 – 12pm-1pm)
 - Preventive Care and General Wellness
- **FLORIDA BLUE NEWSLETTER**
 - The Sneaky Eye Disease: Glaucoma 101
 - Get Fit, Have Fun!
- [Find a Florida Blue Center](#)

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February Heart Health Month

- **FLORIDA BLUE TOPIC *** (2/11 – 1pm-1:45pm)
 - Turn the Pressure Down
- **ASK THE DIETITIAN*** (2/12 – 1pm-1:45pm)
 - DASH Diet
- **SANITAS*** (2/19 – 12pm-1pm)
 - Heart Health
- **CHRONIC CONDITION SERIES*** (2/6, 2/13, 2/20 – 2pm-3pm)
 - Blood Pressure Control
- **FLORIDA BLUE NEWSLETTER**
 - Link Between Mental Health and Heart Health
 - Smoking/Vaping Cessation
- [Find a Florida Blue Center](#)

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March National Nutrition Month

- **FLORIDA BLUE TOPIC *** (3/11 – 1pm-1:45pm)
 - Meal Preparation: Mediterranean Style
- **ASK THE DIETITIAN*** (3/12 – 1pm-1:45pm)
 - Food Connects Us
- **SANITAS*** (3/19 – 12pm-1pm)
 - Osteoarthritis vs. Rheumatoid Arthritis
- **CHRONIC CONDITION SERIES*** (3/6, 3/13, 3/20 – 2pm-3pm)
 - Understanding Your Cholesterol
- **FLORIDA BLUE NEWSLETTER**
 - Food Connects Us
 - Add Physical Activity to Your Day
- [Find a Florida Blue Center](#)

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April Spring into Action

- **FLORIDA BLUE TOPIC *** (4/8 – 1pm-1:45pm)
 - Living with Asthma: Don't Take my Breath Away
- **ASK THE DIETITIAN*** (4/9 – 1pm-1:45pm)
 - Eye Health
- **SANITAS*** (4/16 – 12pm-1pm)
 - TBD
- **CHRONIC CONDITION SERIES*** (4/3, 4/10, 4/17 – 2pm-3pm)
 - Weight and Chronic Conditions
- **FLORIDA BLUE NEWSLETTER**
 - Asthma/Allergy Awareness
 - Health Literacy
- [Find a Florida Blue Center](#)

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May National Women's Health Month

- **FLORIDA BLUE TOPIC *** (5/13 – 1pm-1:45pm)
 - There is no Health without Mental Health
- **ASK THE DIETITIAN*** (5/14 – 1pm-1:45pm)
 - Functional Foods and Beverages
- **SANITAS*** (5/21 – 12pm-1pm)
 - TBD
- **BEHAVIORAL HEALTH*** (5/15 – 1pm-2pm)
 - Mental Well-Being for Parents
- **FLORIDA BLUE NEWSLETTER**
 - Mental Well-Being for Parents
 - Maternal Health
- [Find a Florida Blue Center](#)

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June National Men's Health / Safety Month

- **FLORIDA BLUE TOPIC *** (6/10 – 1pm-1:45pm)
 - Dental Health: Something to Smile About
- **ASK THE DIETITIAN*** (6/11 – 1pm-1:45pm)
 - Let's Talk about Processed Foods
- **SANITAS*** (6/18 – 12pm-1pm)
 - TBD
- **BEHAVIORAL HEALTH*** (6/12 – 1pm-2pm)
 - Healthy Masculinity
- **FLORIDA BLUE NEWSLETTER**
 - Let's Talk about Processed Foods
 - Healthy Masculinity
- [Find a Florida Blue Center](#)

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July Sleep and Healthy Aging Month

- **FLORIDA BLUE TOPIC *** (7/8 – 1pm-1:45pm)
 - Bone Density for Women
- **ASK THE DIETITIAN*** (7/9 – 1pm-1:45pm)
 - Natural Sweeteners
- **SANITAS*** (7/16 – 12pm-1pm)
 - TBD
- **FLORIDA BLUE NEWSLETTER**
 - Bone Density for Women
 - International Self-Care Day
- [Find a Florida Blue Center](#)

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August Children's Health Month

- Be Healthy!**
- **FLORIDA BLUE TOPIC *** (8/12 – 1pm-1:45pm)
 - General Wellness and Preventive Care
 - **ASK THE DIETITIAN*** (8/13 – 1pm-1:45pm)
 - Heart Healthy Fats
 - **SANITAS*** (8/20 – 12pm-1pm)
 - TBD
 - **FLORIDA BLUE NEWSLETTER**
 - Immunizations
 - Foods that Fight Inflammation
 - [Find a Florida Blue Center](#)

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September Stress Management & Immune Function Month

- **FLORIDA BLUE TOPIC *** (9/9 – 1pm-1:45pm)
 - Blue Zones: Live Better, Longer
- **ASK THE DIETITIAN*** (9/10 – 1pm-1:45pm)
 - Lab Grown Meat
- **SANITAS*** (9/17 – 12pm-1pm)
 - TBD
- **BEHAVIORAL HEALTH*** (9/18 – 1pm-2pm)
 - Suicide Prevention
- **FLORIDA BLUE NEWSLETTER**
 - Suicide Prevention
 - Blue Zones: Power of 9
- [Find a Florida Blue Center](#)

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October National Breast Cancer Awareness Month

- **FLORIDA BLUE TOPIC *** (10/14 – 1pm-1:45pm)
 - Food and Cancer Prevention: Is There a Link?
- **ASK THE DIETITIAN*** (10/8 – 1pm-1:45pm)
 - Microbiome – Gut Health
- **SANITAS*** (10/15 – 12pm-1pm)
 - TBD
- **CHRONIC CONDITION SERIES*** (11/2, 11/9, 11/16 – 2pm-3pm)
 - Healthy Living Prediabetes
- **FLORIDA BLUE NEWSLETTER**
 - Flu Prevention
 - Microbiome – Gut Health
- [Find a Florida Blue Center](#)

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November American Diabetes Awareness Month

- **FLORIDA BLUE TOPIC *** (11/18 – 1pm-1:45pm)
 - Resilience During the Holidays
- **ASK THE DIETITIAN*** (11/12 – 1pm-1:45pm)
 - Healthy Holiday Recipes
- **SANITAS*** (11/19 – 12pm-1pm)
 - TBD
- **CHRONIC CONDITION SERIES*** (11/6, 11/13, 11/20 – 2pm-3pm)
 - Live Well with Diabetes
- **FLORIDA BLUE NEWSLETTER**
 - National Caregivers Month
 - Living with Diabetes
- [Find a Florida Blue Center](#)

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December Healthy Holidays

- **FLORIDA BLUE NEWSLETTER**
 - Whole Person Health
 - Mental Health Exercises
- [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 October at 1pm. 3rd Tuesday in November.

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

Sanitas webinars – 3rd Wednesday of the month 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.