

# 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!
- [Register for Florida Blue's wellness live webinars](#)
- [Find a Florida Blue Center](#)

\*/\*/\* Certificate of attendance emailed to participants who attend in full. Recording link emailed to those who register and miss.



### 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
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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
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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)
  - Respiratory Diseases
- **CHRONIC CONDITION SERIES\*** (4/3, 4/10, 4/17 – 2pm-3pm)
  - Weight and Chronic Conditions
- **FLORIDA BLUE NEWSLETTER**
  - Asthma/Allergy Awareness
  - Health Literacy
- [Register for Florida Blue's wellness live webinars](#)
- [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)
  - Healthy Eating: Mindful Eating
- **BEHAVIORAL HEALTH\*** (5/15 – 1pm-2pm)
  - Mental Well-Being for Parents
- **FLORIDA BLUE NEWSLETTER**
  - Mental Well-Being for Parents
  - Maternal Health
- [Register for Florida Blue's wellness live webinars](#)
- [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)
  - Mental Health: Depression
- **BEHAVIORAL HEALTH\*** (6/12 – 1pm-2pm)
  - Healthy Masculinity
- **FLORIDA BLUE NEWSLETTER**
  - Let's Talk about Processed Foods
  - Healthy Masculinity
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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)
  - Healthy Eating: The Power of Probiotics
- **FLORIDA BLUE NEWSLETTER**
  - Bone Density for Women
  - International Self-Care Day
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- [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)
    - Health as You Age
  - **FLORIDA BLUE NEWSLETTER**
    - Immunizations
    - Foods that Fight Inflammation
  - [Register for Florida Blue's wellness live webinars](#)
  - [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)
  - Eating for Longevity
- **SANITAS\*** (9/17 – 12pm-1pm)
  - Acute Common Conditions
- **BEHAVIORAL HEALTH\*** (9/18 – 1pm-2pm)
  - Suicide Prevention
- **FLORIDA BLUE NEWSLETTER**
  - Suicide Prevention
  - Blue Zones: Power of 9
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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)
  - Stress Management
- **CHRONIC CONDITION SERIES\*** (11/2, 11/9, 11/16 – 2pm-3pm)
  - Healthy Living Prediabetes
- **FLORIDA BLUE NEWSLETTER**
  - Flu Prevention
  - Microbiome – Gut Health
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- [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)
  - Holiday Eating Survival Guide
- **CHRONIC CONDITION SERIES\*** (11/6, 11/13, 11/20 – 2pm-3pm)
  - Live Well with Diabetes
- **FLORIDA BLUE NEWSLETTER**
  - National Caregivers Month
  - Living with Diabetes
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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** – 2<sup>nd</sup> Tuesday of the month from January through October at 1pm. 3<sup>rd</sup> Tuesday in November.

**Ask the Dietitian webinars** – 2<sup>nd</sup> Wednesday of the month, from January through November at 1pm.

**Sanitas webinars** – 3<sup>rd</sup> Wednesday of the month from January through November at 12pm.

**Behavior Health webinars** – 3<sup>rd</sup> 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.**

**1.30.25**