

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Painting with Passion Thursday, March 20th at 10:00am					1
3	4 Weight Management 11:00am-12:00pm	5 Blue Balance Yoga 5:30pm-6:30pm	6 BlueCore Fitness 5:30pm - 6:30pm	7	8
10 Member Orientation 10:00am-11:00am	11 Weight Management 11:00am-12:00pm	12 Healthy Meals in 20 Mins (Lunch & Learn) 12:00pm-1:00pm Blue Balance Yoga 5:30pm-6:30pm	13 BlueCore Fitness 5:30pm - 6:30pm	14	15
17	18 Weight Management 11:00am-12:00pm	19 Navigating Alzheimer's 10:00am-11:00am Blue Balance Yoga 5:30pm-6:30pm	20 Painting w/ Passion 10:00am-11:00am BlueCore Fitness 5:30pm - 6:30pm	21 Boosting Brain Health 10:00am-11:00am	22
24	25 Weight Management 11:00am-12:00pm All Faiths Food Bank: Nutritional Wellness 12:00pm-1:00pm	26 Power of Positivity (Lunch & Learn) 12:00pm-1:00pm Blue Balance Yoga 5:30pm-6:30pm	27 BlueCore Fitness 5:30pm - 6:30pm	28	29
31	Member Orientation Monday, March 10th at 10:00am				



Florida Blue Center — Sarasota

March featured events:

All Faith: Nutritional Wellness
Tuesday, March 25th
12:00pm-1:00pm

Join us at the Florida Blue Center for a special event focused on nutritional wellness, presented in partnership with All Faiths Food Bank.



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

Navigating Alzheimer's
Wednesday, March 19th
10:00am-11:00am

Join us to learn how to recognize common signs of the disease, how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis.



285 N. Cattlemen Rd
Sarasota, FL 34243
(941) 308-2042

Mon-Fri: 9am-7pm; Sat: 9am-4pm
 No appointments necessary

FloridaBlue.com/center/Sarasota

Fuel your body
 with nutritious meals
 and healthy habits