



Your Health Solutions Partner

# Warm up to better wellness this year.

**A new year means new chances to make your health a priority, so you can feel your best both physically and mentally. Check out our calendar of upcoming events and start your year off right at your Florida Blue Center.**

## JANUARY

### Add more years to your life – and more life to your years

#### Blue Zones

What can we learn from the places in the world with the longest lifespans? Uncover nine common characteristics of those living well — and living longer — in the Blue Zones. (Led by a registered nurse)

#### New Year, New You

Set a health goal for yourself this year? From starting with small steps to staying the course, learn how to successfully stick to your resolutions. (Led by a community specialist)

## FEBRUARY

### Staying a step ahead for better health

#### DASH to Better Health

Heading off high blood pressure can start with what's on your plate. Discover how the DASH (Dietary Approaches to Stop Hypertension) plan helps you eat for better health. (Led by a registered nurse)

#### Mindfulness

Feeling stressed out? Learn how to tune in to a more mindful approach for your mental health, including best practices to stay present and incorporating them in to your daily life. (Led by a community specialist)

## MARCH

### Food for thought to feel your best

#### Meal Prep: Mediterranean Style

Mediterranean cuisine is known for being both delicious and nutritious. Find out how to save money and time by preparing meals in advance that support a healthy weight — and a tasty plate. (Led by a registered nurse)

#### Mindful Eating

Have unhealthy food habits started to eat away at your overall well-being? Discover the power of mindful eating for less stress, greater awareness, and a healthier relationship with food — and yourself. (Led by a community specialist)



**Kickstart healthy habits in 2026 at your local Florida Blue Center!**

Call us at 1-877-352-5830 to learn more or visit [FloridaBlue.com/Centers](http://FloridaBlue.com/Centers)



**Reserve your spot by scanning this QR code.**

You can also see a full calendar of Florida Blue Center events.