



September webinars from Better You

This September, join us for three expert-led sessions designed to help you thrive. Learn from a registered dietitian about nourishing your body with the nutrients that matter most as you age. Discover practical strategies from a doctor on keeping your mind sharp and engaged. Plus, get ahead of cold and flu season with guidance on preventive care, immunizations, and healthy habits to stay well. These live webinars are your chance to ask questions, get personalized insights, and take control of your health.



Register by pointing your smart phone camera to the QR code, or click on the topic to get your unique URL to attend.



Florida Blue 

BetterYou

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