

## 2023 Statewide Wellness Calendar

### Monthly Live Webinars & Newsletter Topics

All times noted are Central Time Zone



#### January Healthy Start

- **SANITAS\*** (1/18 – 11am-12pm)
  - Preventive Care and General Wellness
- **ASK THE DIETITIAN\*** (1/18 – 12pm-12:45pm)
  - Focus on Fiber
- **FLORIDA BLUE TOPIC\*\*** (1/10 – 12pm-1pm)
  - Creating Healthy Habits
- **FLORIDA BLUE NEWSLETTER**
  - What to Expect in the First Trimester of Pregnancy
  - Start the New Year Right
- [Find a Florida Blue Center](#)

\*/**\*** downloadable/printable attendance certificate  
\*\*/**\*\*** trackable participation report



#### February Heart Health Month

- **SANITAS\*** (2/15 – 11am-12pm)
  - Heart Health
- **ASK THE DIETITIAN\*** (2/15 – 12pm-12:45pm)
  - Common Food Allergies
- **FLORIDA BLUE TOPIC \*\*** (2/14: 12pm-1pm)
  - Turn the Pressure Down
- **LIFESTYLE IMPROVEMENT PROGRAM\*\*** (2/2, 2/9, 2/16, 2/23, 3/2 – 11:00am-12:00pm)
  - Healthy Weight, Healthy You
- **CHRONIC CONDITION SERIES\*\*** (2/8, 2/15, 2/22 – 1pm-2pm)
  - Blood Pressure Control
- **FLORIDA BLUE NEWSLETTER**
  - Be Social for Heart Health
  - What to Expect in the Second Trimester of Pregnancy
- [Find a Florida Blue Center](#)

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#### March National Nutrition Month

- **SANITAS\*** (3/15 – 11am-12pm)
  - Respiratory Diseases
- **ASK THE DIETITIAN\*** (3/15 – 12pm-12:45pm)
  - Fuel for the Future
- **FLORIDA BLUE TOPIC \*\*** (3/14 – 12pm-1pm)
  - Clearing Up the Carb Confusion
- **LIFESTYLE IMPROVEMENT PROGRAM\*\*** (2/2, 2/9, 2/16, 2/23, 3/2 – 11:00am-12:00pm)
  - Healthy Weight, Healthy You
- **BEHAVIORAL HEALTH\*** (3/16 – 12pm-1pm)
  - Mental Well-Being and Sleep
- **FLORIDA BLUE NEWSLETTER**
  - National Nutrition Month: Fuel for the Future
  - Mental Well-Being and Sleep
- [Find a Florida Blue Center](#)

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#### April Spring into Action

- **SANITAS\*** (4/19 – 11am-12pm)
  - Healthy Eating: Mindful Eating
- **ASK THE DIETITIAN\*** (4/19 – 12pm-12:45pm)
  - The Scoop on Soy
- **FLORIDA BLUE TOPIC \*\*** (4/11 – 12pm-1pm)
  - Move More
- **CHRONIC CONDITION SERIES\*\*** (4/11, 4/18, 4/25 – 10am-11am)
  - Understanding Your Cholesterol
- **FLORIDA BLUE NEWSLETTER**
  - What to Expect in the Third & Fourth Trimester of Pregnancy
  - Exercise for Everyone
- [Find a Florida Blue Center](#)

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#### May National Women's Health Month

- **SANITAS\*** (5/17 – 11am-12pm)
  - Mental Health: Depression
- **ASK THE DIETITIAN\*** (5/17 – 12pm-12:45pm)
  - Nutrition for Women 40+
- **FLORIDA BLUE TOPIC \*\*** (5/9 – 12pm-1pm)
  - Menopause: A Women's Guide
- **BEHAVIORAL HEALTH\*** (5/18 – 12pm-1pm)
  - Youth Mental Health
- **FLORIDA BLUE NEWSLETTER**
  - Youth Mental Health
  - Menopause
- [Find a Florida Blue Center](#)






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#### June National Men's Health / Safety Month

- **SANITAS\*** (6/21 – 11am-12pm)
  - Healthy Eating: Portion Control
- **ASK THE DIETITIAN\*** (6/21 – 12pm-12:45pm)
  - All Things Dairy
- **FLORIDA BLUE TOPIC \*\*** (6/13 – 12pm-1pm)
  - Men: It's Time for Your Tune-Up!
- **FLORIDA BLUE NEWSLETTER**
  - Men's Health Month
  - The Gift of Blood Donation
- [Find a Florida Blue Center](#)

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 <h2>July</h2> <h3>Sleep and Healthy Aging Month</h3> <ul style="list-style-type: none"> <li><b>SANITAS*</b> (7/19 – 11am-12pm) <ul style="list-style-type: none"> <li>Health as You Age</li> </ul> </li> <li><b>ASK THE DIETITIAN*</b> (7/19 – 12pm-12:45pm) <ul style="list-style-type: none"> <li>Eating for Healthy Skin</li> </ul> </li> <li><b>FLORIDA BLUE TOPIC **</b> (7/11 – 12pm-1pm) <ul style="list-style-type: none"> <li>Fall Prevention: Finding Balance</li> </ul> </li> <li><b>FLORIDA BLUE NEWSLETTER</b> <ul style="list-style-type: none"> <li>Foods for Hormone Balance</li> <li>Youth Sports Safety</li> </ul> </li> <li><a href="#">Find a Florida Blue Center</a></li> </ul> <p>*/* downloadable/printable attendance certificate  ** trackable participation report</p>	 <h2>August</h2> <h3>Children’s Health Month</h3> <ul style="list-style-type: none"> <li><b>SANITAS*</b> (8/16 – 11am-12pm) <ul style="list-style-type: none"> <li>Diabetes Essentials</li> </ul> </li> <li><b>ASK THE DIETITIAN*</b> (8/16 – 12pm-12:45pm) <ul style="list-style-type: none"> <li>Healthy Lunch Options</li> </ul> </li> <li><b>FLORIDA BLUE TOPIC **</b> (8/8 – 12pm-1pm) <ul style="list-style-type: none"> <li>Healthy Kids: A Parent’s Guide</li> </ul> </li> <li><b>BEHAVIORAL HEALTH*</b> (8/17 – 12pm-1pm) <ul style="list-style-type: none"> <li>Postpartum Depression</li> </ul> </li> <li><b>FLORIDA BLUE NEWSLETTER</b> <ul style="list-style-type: none"> <li>Fruits and Vegetables on a Budget</li> <li>Postpartum Depression</li> </ul> </li> <li><a href="#">Find a Florida Blue Center</a></li> </ul> <p>*/* downloadable/printable attendance certificate  **/* trackable participation report</p>	 <h2>September</h2> <h3>Stress Management &amp; Immune Function Month</h3> <ul style="list-style-type: none"> <li><b>SANITAS*</b> (9/20 – 11am-12pm) <ul style="list-style-type: none"> <li>Self-Care vs. Medical Care</li> </ul> </li> <li><b>ASK THE DIETITIAN*</b> (9/20 – 12pm-12:45pm) <ul style="list-style-type: none"> <li>Foods that Build Immunity</li> </ul> </li> <li><b>FLORIDA BLUE TOPIC **</b> (9/12 – 12pm-1pm) <ul style="list-style-type: none"> <li>Fall Health Update</li> </ul> </li> <li><b>CHRONIC CONDITION SERIES**</b> (9/7, 9/14, 9/21 – 1pm-2pm) <ul style="list-style-type: none"> <li>Nonalcoholic Fatty Liver Disease</li> </ul> </li> <li><b>FLORIDA BLUE NEWSLETTER</b> <ul style="list-style-type: none"> <li>Yoga Awareness Month</li> <li>Beat Afternoon Fatigue</li> </ul> </li> <li><a href="#">Find a Florida Blue Center</a></li> </ul> <p>*/* downloadable/printable attendance certificate  **/* trackable participation report</p>
 <h2>October</h2> <h3>National Breast Cancer Awareness Month</h3> <ul style="list-style-type: none"> <li><b>SANITAS*</b> (10/18 – 11am-12pm) <ul style="list-style-type: none"> <li>Women’s Health</li> </ul> </li> <li><b>ASK A DIETITIAN*</b> (10/18 – 12pm-12:45pm) <ul style="list-style-type: none"> <li>Healthy Deserts</li> </ul> </li> <li><b>FLORIDA BLUE TOPIC **</b> (10/10 – 12pm-1pm) <ul style="list-style-type: none"> <li>Reduce Your Cancer Risk</li> </ul> </li> <li><b>CHRONIC CONDITION SERIES**</b> (10/3, 10/10, 10/17 – 1pm-2pm) <ul style="list-style-type: none"> <li>Blood Pressure Control</li> </ul> </li> <li><b>FLORIDA BLUE NEWSLETTER</b> <ul style="list-style-type: none"> <li>Stay Safe During Flu Season</li> <li>Breast Cancer Awareness</li> </ul> </li> <li><a href="#">Find a Florida Blue Center</a></li> </ul> <p>*/* downloadable/printable attendance certificate  **/* trackable participation report</p>	 <h2>November</h2> <h3>American Diabetes Awareness Month</h3> <ul style="list-style-type: none"> <li><b>SANITAS*</b> (11/15 – 11am-12pm) <ul style="list-style-type: none"> <li>Men’s Health</li> </ul> </li> <li><b>ASK A DIETITIAN*</b> (11/15 – 12pm-12:45pm) <ul style="list-style-type: none"> <li>Time for Tea</li> </ul> </li> <li><b>FLORIDA BLUE TOPIC **</b> (11/14 – 12pm-1pm) <ul style="list-style-type: none"> <li>Make the Connection Positive</li> </ul> </li> <li><b>CHRONIC CONDITION SERIES**</b> (11/1, 11/8, 11/15 – 10:30am-11:30pm) <ul style="list-style-type: none"> <li>Live Well with Diabetes</li> </ul> </li> <li><b>FLORIDA BLUE NEWSLETTER</b> <ul style="list-style-type: none"> <li>Manage Holiday Stress</li> <li>Living with Diabetes</li> </ul> </li> <li><a href="#">Find a Florida Blue Center</a></li> </ul> <p>*/* downloadable/printable attendance certificate  **/* trackable participation report</p>	 <h2>December</h2> <h3>Healthy Holidays</h3> <ul style="list-style-type: none"> <li><b>FLORIDA BLUE NEWSLETTER</b> <ul style="list-style-type: none"> <li>Boost Your Immune System</li> <li>Make the Most of Your Holiday Time</li> </ul> </li> <li><a href="#">Find a Florida Blue Center</a></li> </ul>

- 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 November at 1pm Eastern time.
  - Sanitas webinars** – 3<sup>rd</sup> Wednesday of the month from January through November at 12pm Eastern time.
  - Ask the Dietitian webinars** – 3<sup>rd</sup> Wednesday of the month from January through November at 1pm Eastern time.
  - Behavior Health webinars** – 3<sup>rd</sup> Thursday of the month in March, May, & August at 1pm Eastern time.
  - Lifestyle Improvement Programs** – These live webinars are offered as a 5-part series. For 2023 the regular \$45 fee per participant is being waived.
  - Chronic Condition Series** – Three-part live webinar series for those diagnosed with and/or wanting to know more about a specific health condition.