

# 2024 Statewide Wellness Calendar

## Monthly Live Webinars & Newsletter Topics

All times noted are Eastern Time Zone



### January Healthy Start

- **FLORIDA BLUE TOPIC\*\*** (1/9 – 1pm-1:45pm)
  - *Eating for Health*
- **ASK THE DIETITIAN\*** (1/10 – 1pm-1:45pm)
  - *All about Hunger Hormones*
- **SANITAS\*** (1/17 – 12pm-1pm)
  - *Preventive Care and General Wellness*
- **FLORIDA BLUE NEWSLETTER**
  - *Adding physical activity to your day*
  - *Planning a pregnancy*
- [Find a Florida Blue Center](#)

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



### February Heart Health Month

- **FLORIDA BLUE TOPIC \*\*** (2/13: 1pm-1:45pm)
  - *Heart Healthy Living*
- **ASK THE DIETITIAN\*** (2/14 – 1pm-1:45pm)
  - *Lower Your Sodium Level*
- **SANITAS\*** (2/21 – 12pm-1pm)
  - *Heart Health*
- **CHRONIC CONDITION SERIES\*\*** (2/1, 2/8, 2/15 – 2pm-3pm)
  - *Blood Pressure Control*
- **FLORIDA BLUE NEWSLETTER**
  - *Stress management for heart health*
  - *Heart healthy fitness*
- [Find a Florida Blue Center](#)

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\*\*/\* trackable participation report



### March National Nutrition Month

- **FLORIDA BLUE TOPIC \*\*** (3/12 – 1pm-1:45pm)
  - *A Guide to Plant-Based Eating*
- **ASK THE DIETITIAN\*** (3/13 – 1pm-1:45pm)
  - *National Nutrition Month ~ TBD*
- **SANITAS\*** (3/20 – 12pm-1pm)
  - *Autoimmune Diseases*
- **CHRONIC CONDITION SERIES\*\*** (3/7, 3/14, 3/21 – 2pm-3pm)
  - *Healthy Living Prediabetes Series*
- **FLORIDA BLUE NEWSLETTER**
  - *National Nutrition Month topic*
  - *Vision health*
- [Find a Florida Blue Center](#)

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### April Spring into Action

- **FLORIDA BLUE TOPIC \*\*** (4/9 – 1pm-1:45pm)
  - *Deskercise*
- **ASK THE DIETITIAN\*** (4/10 – 1pm-1:45pm)
  - *Be More Plant-Based*
- **SANITAS\*** (4/17 – 12pm-1pm)
  - *Respiratory Diseases*
- **BEHAVIORAL HEALTH\*** (4/18 – 1pm-2pm)
  - *Substance Use Disorders*
- **CHRONIC CONDITION SERIES\*\*** (4/4, 4/11, 4/18 – 2pm-3pm)
  - *Understanding Your Cholesterol*
- **FLORIDA BLUE NEWSLETTER**
  - *Social determinants of health*
  - *Substance use disorders*
- [Find a Florida Blue Center](#)

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### May National Women's Health Month

- **FLORIDA BLUE TOPIC \*\*** (5/14 – 1pm-1:45pm)
  - *Mental Well-Being for Caregivers*
- **ASK THE DIETITIAN\*** (5/8 – 1pm-1:45pm)
  - *Staying Hydrated*
- **SANITAS\*** (5/15 – 12pm-1pm)
  - *Healthy Eating: Mindful Eating*
- **BEHAVIORAL HEALTH\*** (5/16 – 1pm-2pm)
  - *Youth Mental Health*
- **CHRONIC CONDITION SERIES\*\*** (5/2, 5/9, 5/16 – 2pm-3pm)
  - *Weight and Chronic Conditions*
- **FLORIDA BLUE NEWSLETTER**
  - *Youth mental health*
  - *Preeclampsia*
- [Find a Florida Blue Center](#)

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

- **FLORIDA BLUE TOPIC \*\*** (6/11 – 1pm-1:45pm)
  - *Sleep*
- **ASK THE DIETITIAN\*** (6/12 – 1pm-1:45pm)
  - *No Time to Eat?*
- **SANITAS\*** (6/26 – 12pm-1pm)
  - *Mental Health: Depression*
- **BEHAVIORAL HEALTH\*** (6/20 – 1pm-2pm)
  - *Eating Disorders*
- **FLORIDA BLUE NEWSLETTER**
  - *Men's health*
  - *Eating disorders*
- [Find a Florida Blue Center](#)

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\*\* trackable participation report



## July Sleep and Healthy Aging Month

- **FLORIDA BLUE TOPIC \*\*** (7/9 – 1pm-1:45pm)
  - *Fighting Inflammation*
- **ASK THE DIETITIAN\*** (7/10 – 1pm-1:45pm)
  - *Should We Eat Organic?*
- **SANITAS\*** (7/17 – 12pm-1pm)
  - *Healthy Eating: The Power of Probiotics*
- **BEHAVIORAL HEALTH\*** (7/18 – 1pm-2pm)
  - *Diversity/Mental Health Care*
- **FLORIDA BLUE NEWSLETTER**
  - *Diversity/mental health care*
  - *Mindful moments*
- [Find a Florida Blue Center](#)

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## August Children's Health Month

- **FLORIDA BLUE TOPIC \*\*** (8/13 – 1pm-1:45pm)
  - *Beyond the Stress Ball*
- **ASK THE DIETITIAN\*** (8/14 – 1pm-1:45pm)
  - *Sports Nutrition*
- **SANITAS\*** (8/21 – 12pm-1pm)
  - *Health as You Age*
- **CHRONIC CONDITION SERIES\*\*** (8/1, 8/8, 8/15 – 2pm-3pm)
  - *Blood Pressure Control*
- **FLORIDA BLUE NEWSLETTER**
  - *Kid's health*
  - *Car seat safety*
- [Find a Florida Blue Center](#)

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## September Stress Management & Immune Function Month

- **FLORIDA BLUE TOPIC \*\*** (9/10 – 1pm-1:45pm)
  - *Preventive Care: Putting Things First*
- **ASK THE DIETITIAN\*** (9/11 – 1pm-1:45pm)
  - *Food Additives*
- **SANITAS\*** (9/18 – 12pm-1pm)
  - *Self-Care vs. Medical Care*
- **FLORIDA BLUE NEWSLETTER**
  - *Importance of hydration*
  - *Fun workout ideas*
- [Find a Florida Blue Center](#)

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## October National Breast Cancer Awareness Month

- **FLORIDA BLUE TOPIC \*\*** (10/8 – 1pm-1:45pm)
  - *Breast Cancer*
- **ASK THE DIETITIAN\*** (10/9 – 1pm-1:45pm)
  - *Shopping on a Budget*
- **SANITAS\*** (10/16 – 12pm-1pm)
  - *Stress Management*
- **FLORIDA BLUE NEWSLETTER**
  - *Stay safe during flu season*
  - *Depression*

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## November American Diabetes Awareness Month

- **FLORIDA BLUE TOPIC \*\*** (11/12 – 1pm-1:45pm)
  - *Stay Healthy, Prevent Diabetes*
- **ASK THE DIETITIAN\*** (11/13 – 1pm-1:45pm)
  - *Diabetes Diet Basics*
- **SANITAS\*** (11/20 – 12pm-1pm)
  - *Holiday Eating Survival Guide*
- **CHRONIC CONDITION SERIES\*\*** (11/7, 11/14, 11/21 – 2pm-3pm)
  - *Live Well with Diabetes*
- **FLORIDA BLUE NEWSLETTER**
  - *Diabetes*
  - *Warning signs after delivery*
- [Find a Florida Blue Center](#)

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## December Healthy Holidays

- **FLORIDA BLUE NEWSLETTER**
  - *Mindful eating during the holidays*
  - *Try something new this holiday season*
- [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 November at 1pm

**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 (except in June, moved to 6/26) 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.