



# May webinars from Better You

Join us for live webinars to learn about the role excess weight plays in your health, why staying hydrated is critical for your body and how to eat mindfully. May is Mental Health Awareness month and we have two different events discussing the importance of mental well-being for caregivers and for youth.

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



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## Better You May Webinars – Florida Blue

Join us in May and sign up for live webinars for access to information, strategies, and tips for a Better You. We have a series on excess weight and chronic condition management along with webinars on staying hydrated and how to eat mindfully. May is Mental Health Awareness month and we have two events discussing the importance of mental well-being for caregivers and youth.

### **May 8<sup>th</sup> at 1:00pm ET/12:00pm CT: Ask the Dietitian: Staying Hydrated**

*Join us when Lauren talks about the importance of drinking enough water daily and the dangers of dehydration.*

[CLICK HERE TO REGISTER](#)

Or point your smartphone camera to the QR Code below:



### **May 9<sup>th</sup>, 16<sup>th</sup> and 23<sup>rd</sup> at 2:00pm ET/1:00pm CT: Weight and Chronic Conditions 3-week Series**

*This series will discuss how excess weight, especially obesity, increases the risk of chronic conditions. Participants will learn risk factors and healthy habits to encourage weight loss, along with treatment and medication options.*

Event link to all sessions: [CLICK HERE TO REGISTER](#)

Or point your smartphone camera to the QR Code below:



**May 14<sup>th</sup> at 1:00pm ET/12:00pm CT: Mental Well-Being for Caregivers**

*Join us to learn self-care tips so you can feel your best while taking care of others, and to discuss caregiver challenges.*

[CLICK HERE TO REGISTER](#)

Or point your smartphone camera to the QR Code below:



**May 15<sup>th</sup> at 12:00pm ET/11:00am CT: Healthy Eating, Mindful Eating**

*Join us when Alexandra discusses mindful eating – learning how to pay attention when you eat, and noticing your thoughts, feelings, and sensations.*

[CLICK HERE TO REGISTER](#)

Or point your smartphone camera to the QR Code below:



**May 16<sup>th</sup> at 1:00pm ET/12:00pm CT: Youth and Mental Health**

*Join our Behavioral Health team experts as they review some of the mental health struggles in our youth population and discuss what we can do to support youth mental health and create a world where young people can thrive.*

[CLICK HERE TO REGISTER](#)

Or point your smartphone camera to the QR Code below:



Hope you can join us!

*Be well!*