



## Better You August Webinars – Florida Blue

Join us in August for our 3-week Blood Pressure series along with webinars about fighting inflammation, sports nutrition, and how to stay healthy as you get older.

### **August 1<sup>st</sup>, 8<sup>th</sup> and 15<sup>th</sup> at 2:00pm ET/1:99pm CT: Blood Pressure Control 3-week series**

*Join a doctor, nurse, and pharmacist to learn about the health risks of high blood pressure and understand the lifestyle choices and medication options to manage the condition for a healthier life.*

[CLICK HERE TO REGISTER](#)

Or point your smartphone camera to the QR Code below:



### **August 13<sup>th</sup> at 1:00pm ET/12:00pm CT: Fighting Inflammation**

*Join us to learn about the role inflammation plays in the body and how an anti-inflammatory diet and exercise are your best defense against chronic inflammation.*

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### **August 14<sup>th</sup> at 1:00pm ET/12:00pm CT: Ask the Dietitian: Sports Nutrition**

*Join Lauren to learn about the proper foods, hydration needs, and meal timing considerations to support athletic performance.*

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**August 21<sup>st</sup> at 12:00pm ET/11:00pm CT: Health as You Age**

*Join our Sanitas doctor to learn some myths about aging and the importance of preventive screenings, vaccinations, and healthy habits to feel your best as you get older.*

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Hope you can join us!

*Be well!*