



September webinars from Better You

Join us for live webinars to learn about preventive care and how to follow the general wellness guidelines, when to seek medical care for common conditions versus home remedies, and find out about food additives from our registered dietitian.



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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Better You September Webinars – Florida Blue

Join us in September when our focus is on preventive care, how to treat common medical conditions, and learning about food additives. Don't forget to get your seasonal flu shot to protect yourself as we start flu season!

Sept 10th at 1:00pm ET/12:00pm CT: Preventive Care Putting First Things First

Join us to learn about the importance of scheduling regular preventive care appointments with your doctor. We will review wellness guidelines for checkups, immunizations, and screenings.

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Sept 11th at 1:00pm ET/12:00pm CT: Ask the Dietitian: Food Additives

Join Lauren as she discusses food additives – what they are, what they contribute to foods, how they are regulated, and how to identify them in the foods you eat.

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Sept 18th at 12:00pm ET/11:00am CT: Self-Care vs. Medical Care

Join a doctor from Sanitas Medical Clinics to learn the differences between what you can do for yourself, and when you should seek medical care for common health conditions.

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