



# April webinars from Better You

Join us for live webinars to learn the role cholesterol plays in your health, see how to build activity into your day, understand more about plant-based eating, hear about respiratory diseases and listen to an expert on substance use disorder and treatment. 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 April Webinars – Florida Blue

Join us in April and sign up for live webinars for access to information, strategies, and tips for a Better You. We have a series on cholesterol management along with webinars on how to build activity into your day, be more plant-based with your food choices, learn about respiratory diseases, and hear from an expert on substance use disorders.

### **April 4<sup>th</sup>, 11<sup>th</sup>, and 18<sup>th</sup> at 2:00pm ET/1:00pm CT: Understanding Your Cholesterol Series**

*This series will help you understand the role cholesterol plays in your health. We will review the types of cholesterol, what the numbers mean, and risk factors, along with lifestyle changes you can make and medications used to manage high cholesterol.*

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

Or point your smartphone camera to the QR Code below:



### **April 9<sup>th</sup> at 1:00pm ET/12:00pm CT: Deskercise**

*Join us for an interactive webinar to learn fun and easy ways to build activity into your workday without leaving your desk!*

[CLICK HERE TO REGISTER](#)

Or point your smart phone camera to the QR Code below:



### **April 10<sup>th</sup> at 1:00pm ET/12:00pm CT: Ask the Dietitian: Be More Plant-Based**

*Join us when Lauren talks about how to be more plant-based with your diet if you are not vegetarian or vegan. She will review plant-based proteins and provide recipe ideas.*

[CLICK HERE TO REGISTER](#)

Or point your smartphone camera to the QR Code below:



### **April 17<sup>th</sup> at 12:00pm ET/11:00am CT: Respiratory Diseases**



*Join us to learn from a Sanitas medical doctor about the most common types and the leading cause of respiratory diseases.*

[CLICK HERE TO REGISTER](#)

Or point your smart phone camera to the QR Code below:



**April 18<sup>th</sup> at 1:00pm ET/12:00pm CT: Substance Use Disorder and Treatment**

*Join Dr. Adam Ligas for a live webinar to learn about challenges that impact treatment for problematic substance use. He will identify strategies to talk about substance use and explore treatment and recovery options.*

[CLICK HERE TO REGISTER](#)

Or point your smart phone camera to the QR Code below:



Hope you can join us!