

2023 Statewide Wellness Calendar

Monthly Live Webinars & Newsletter Topics

All times noted are Eastern Time Zone



January Healthy Start

- **SANITAS*** (1/18 – 12pm-1pm)
 - Preventive Care and General Wellness
- **ASK THE DIETITIAN*** (1/18 – 1pm-1:45pm)
 - Focus on Fiber
- **FLORIDA BLUE TOPIC**** (1/10 – 1pm-2pm)
 - Creating Healthy Habits
- **FLORIDA BLUE NEWSLETTER**
 - What to Expect in the First Trimester of Pregnancy
 - Start the New Year Right
- [Find a Florida Blue Center](#)

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February Heart Health Month

- **SANITAS*** (2/15 – 12pm-1pm)
 - Heart Health
- **ASK THE DIETITIAN*** (2/15 – 1pm-1:45pm)
 - Common Food Allergies
- **FLORIDA BLUE TOPIC **** (2/14: 1pm-2pm)
 - Turn the Pressure Down
- **LIFESTYLE IMPROVEMENT PROGRAM**** (2/2, 2/9, 2/16, 2/23, 3/2 – 12:00pm-1:00pm)
 - Healthy Weight, Healthy You
- **CHRONIC CONDITION SERIES**** (2/8, 2/15, 2/22 – 2pm-3pm)
 - Blood Pressure Control
- **FLORIDA BLUE NEWSLETTER**
 - Be Social for Heart Health
 - What to Expect in the Second Trimester of Pregnancy
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March National Nutrition Month

- **SANITAS*** (3/15 – 12pm-1pm)
 - Respiratory Diseases
- **ASK THE DIETITIAN*** (3/15 – 1pm-1:45pm)
 - Fuel for the Future
- **FLORIDA BLUE TOPIC **** (3/14 – 1pm-2pm)
 - Clearing Up the Carb Confusion
- **LIFESTYLE IMPROVEMENT PROGRAM**** (2/2, 2/9, 2/16, 2/23, 3/2 – 12:00pm-1:00pm)
 - Healthy Weight, Healthy You
- **BEHAVIORAL HEALTH*** (3/16 – 1pm-2pm)
 - Mental Well-Being and Sleep
- **FLORIDA BLUE NEWSLETTER**
 - National Nutrition Month: Fuel for the Future
 - Mental Well-Being and Sleep
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April Spring into Action

- **SANITAS*** (4/19 – 12pm-1pm)
 - Healthy Eating: Mindful Eating
- **ASK THE DIETITIAN*** (4/19 – 1pm-1:45pm)
 - The Scoop on Soy
- **FLORIDA BLUE TOPIC **** (4/11 – 1pm-2pm)
 - Move More
- **CHRONIC CONDITION SERIES**** (4/11, 4/18, 4/25 – 2pm-3pm)
 - Understanding Your Cholesterol
- **FLORIDA BLUE NEWSLETTER**
 - What to Expect in the Third & Fourth Trimester of Pregnancy
 - Exercise for Everyone
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May National Women's Health Month

- **SANITAS*** (5/17 – 12pm-1pm)
 - Mental Health: Depression
- **ASK THE DIETITIAN*** (5/24 – 1pm-1:45pm)
 - Nutrition for Women 40+
- **FLORIDA BLUE TOPIC **** (5/9 – 1pm-2pm)
 - Menopause: A Women's Guide
- **BEHAVIORAL HEALTH*** (5/18 – 1pm-2pm)
 - Youth Mental Health
- **CHRONIC CONDITION ~ Open to the Community***
 - Living with Asthma – English (5/4 – 1:30pm-2:30pm)
 - Living with Asthma – Spanish (5/9 – 11:00am-12:00pm)
- **FLORIDA BLUE NEWSLETTER**
 - Youth Mental Health
 - Menopause
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June National Men's Health / Safety Month

- **SANITAS*** (6/21 – 12pm-1pm)
 - Healthy Eating: Portion Control
- **ASK THE DIETITIAN*** (6/21 – 1pm-1:45pm)
 - All Things Dairy
- **FLORIDA BLUE TOPIC **** (6/13 – 1pm-2pm)
 - Men: It's Time for Your Tune-Up!
- **FLORIDA BLUE NEWSLETTER**
 - Men's Health Month
 - The Gift of Blood Donation
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July Sleep and Healthy Aging Month

- **SANITAS*** (7/19 – 12pm-1pm)
 - Health as You Age
- **ASK THE DIETITIAN*** (7/19 – 1pm-1:45pm)
 - Eating for Healthy Skin
- **FLORIDA BLUE TOPIC **** (7/11 – 1pm-2pm)
 - Fall Prevention: Finding Balance
- **FLORIDA BLUE NEWSLETTER**
 - Foods for Hormone Balance
 - Youth Sports Safety
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Be Healthy!

August Children's Health Month

- **SANITAS*** (8/16 – 12pm-1pm)
 - Stress Management
- **ASK THE DIETITIAN*** (8/16 – 1pm-1:45pm)
 - Healthy Lunch Options
- **FLORIDA BLUE TOPIC **** (8/8 – 1pm-2pm)
 - Healthy Kids: A Parent's Guide
- **BEHAVIORAL HEALTH*** (8/17 – 1pm-2pm)
 - Postpartum Depression
- **LIFESTYLE IMPROVEMENT PROGRAM**** (8/24, 8/31, 9/7, 9/14, 9/21 – 12:30pm-1:30pm)
 - Better You, Active You
- **FLORIDA BLUE NEWSLETTER**
 - Fruits and Vegetables on a Budget
 - Postpartum Depression
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September Stress Management & Immune Function Month

- **SANITAS*** (9/20 – 12pm-1pm)
 - Self-Care vs. Medical Care
- **ASK THE DIETITIAN*** (9/20 – 1pm-1:45pm)
 - Foods that Build Immunity
- **FLORIDA BLUE TOPIC **** (9/12 – 1pm-2pm)
 - Fall Health Update
- **LIFESTYLE IMPROVEMENT PROGRAM**** (8/24, 8/31, 9/7, 9/14, 9/21 – 12:30pm-1:30pm)
 - Better You, Active You
- **CHRONIC CONDITION SERIES**** (9/7, 9/14, 9/21 – 2pm-3pm)
 - Nonalcoholic Fatty Liver Disease
- **FLORIDA BLUE NEWSLETTER**
 - Yoga Awareness Month
 - Beat Afternoon Fatigue
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October National Breast Cancer Awareness Month

- **SANITAS*** (10/18 – 12pm-1pm)
 - Diabetes Essentials
- **ASK A DIETITIAN*** (10/18 – 1pm-1:45pm)
 - Healthy Deserts
- **FLORIDA BLUE TOPIC **** (10/10 – 1pm-2pm)
 - Reduce Your Cancer Risk
- **CHRONIC CONDITION SERIES**** (10/3, 10/10, 10/17 – 2pm-3pm)
 - Blood Pressure Control
- **CHRONIC CONDITION SERIES**** (10/18, 10/25, 11/1 – 2pm-3pm)
 - Live Well with Diabetes
- **FLORIDA BLUE NEWSLETTER**
 - Stay Safe During Flu Season
 - Breast Cancer Awareness
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November American Diabetes Awareness Month

- **SANITAS*** (11/15 – 12pm-1pm)
 - Holiday Eating Survival Guide
- **ASK A DIETITIAN*** (11/15 – 1pm-1:45pm)
 - Time for Tea
- **FLORIDA BLUE TOPIC **** (11/14 – 1pm-2pm)
 - Make the Connection Positive
- **CHRONIC CONDITION SERIES**** (10/18, 10/25, 11/1 – 2pm-3pm)
 - Live Well with Diabetes
- **FLORIDA BLUE NEWSLETTER**
 - Manage Holiday Stress
 - Living with Diabetes
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December Healthy Holidays

- **FLORIDA BLUE NEWSLETTER**
 - Boost Your Immune System
 - Make the Most of Your Holiday Time
- [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** – 2nd Tuesday of the month from January through November at 1pm Eastern time.
- **Sanitas webinars** – 3rd Wednesday of the month from January through November at 12pm Eastern time.
- **Ask the Dietitian webinars** – 3rd Wednesday of the month (except 4th Wednesday in May) from January through November at 1pm Eastern time.
- **Behavior Health webinars** – 3rd Thursday of the month in March, May, & August at 1pm Eastern time.
- **Lifestyle Improvement Programs** – These live webinars are offered as a 5-part series. For 2023 the regular \$45 fee per participant is being waived.
- **Chronic Condition Series** – Three-part live webinar series for those diagnosed with and/or wanting to know more about a specific health condition.