



## October Better You Pursuit Newsletter – Florida Blue

Join us in October as we turn a spotlight on breast cancer awareness and stress management. We will also discuss ways to shop on a budget.

We are at the start of flu season, so make sure to get your annual flu shot to protect yourself and those around you who may be at risk of getting seriously ill. The Florida Blue Centers, in conjunction with Walgreens, will be doing flu vaccine clinics from 10:00 am to 1:00 pm ET on the following dates: Sept 28<sup>th</sup>, Oct 10<sup>th</sup>, Oct 19<sup>th</sup>, and Nov 2<sup>nd</sup>. [Click here](#) to find a free event near you and make an appointment (enter “Vaccinations with Walgreens” in your search).

### **Tuesday, Oct 8th at 1:00pm ET: Breast Cancer**

Join us to learn about the risk factors, symptoms, screening tools, treatment options, and lifestyle behaviors associated with reducing your risk of developing breast cancer.

[\*\*CLICK HERE TO REGISTER\*\*](#)

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



### **Wednesday, Oct 9th at 1:00pm ET: Ask the Dietitian: Shopping on a Budget**

*Join Lauren as she reviews ways to save at the grocery store and provides some inexpensive meal ideas.*

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### **Wednesday, Oct 16th at 12:00pm ET: Stress Management**

Join a social worker from Sanitas Medical Clinic to learn techniques to manage your stress and stay calm.

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