



## In the pursuit of a more adventurous you

Travel changes your routine and refreshes your outlook. Take a trip to a place you've never been, explore, meet new people, try new things and enjoy!

### Check Out These Featured Events!

**Conversations with Care: Summer Safety**  
Saturday  
7/14



12:00 PM

Join your Neighborhood Nurses to learn how to avoid and care for bites, stings, enjoy water and recreational sports without injury and much more!

**Blood Pressure Control**

Tuesdays  
Starting 7/31



5:30 PM

Blood Pressure Control is a 3-week program that teaches you easy ways to monitor your heart, eat healthy, identify stress and manage high blood pressure.

### The Importance of Balance

Join Chris Williams from Emeritus Health for a 4-week workshop to learn why your balance gets worse as you age & how to improve it with in-home exercises.

7/6, 7/13, 7/20 & 7/27 at 10 AM

### Be The Difference – Donate Blood!

Join us for a blood drive at our center with One Blood. Schedule your appointment at 239-494-3460

7/26 from 9:30 AM - 2:00 PM

### BlueMedicare Basics

Do you have questions about Medicare? Attend one of our free BlueMedicare Basics events to find the answer. RSVP today!

See back for dates and times!

### Don't Miss Out!

Take advantage of these free events for you and your family. You can even bring a friend!

Flip the page for even more events!



### Florida Blue Center - Estero

8041 Plaza Del Lago Drive  
Estero, FL 33928  
(239) 494-3460  
Center will be closed July 4th  
Monday-Friday, 9 a.m.-7 p.m., Saturday 9 a.m.-4 p.m.

No appointments necessary.  
[www.floridablue.com/centers](http://www.floridablue.com/centers)

Let's get social!  
Find us on Facebook @  
[FloridaBlueEstero](https://www.facebook.com/FloridaBlueEstero)

Follow us on social media and learn why better health starts here.



# July

2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Zumba (2:00PM) <b>2</b>	<b>3</b>	Independene Day! Center closed for holiday. <b>4</b>	<b>5</b>	The Imporance of Balance (10:00 AM) <b>6</b>	Tai Chi (9:00 AM) <b>7</b>
Zumba (2:00PM) <b>9</b>	Skin Cancer screenings by Riverchase Dermatology (9:30 AM - 12:00 PM) Call center to RSVP! <b>10</b>	Chair Yoga (4:00 PM) <b>11</b>	Meet Your Neighborhood Nurse! Monday - Friday 10 am to 4 pm. Get health advice, coaching and a Personal Health Assesment. <b>12</b>	The Importance of Balance (10:00 AM) <b>13</b>	Tai Chi (9:00 AM) Conversations with Care: Summer Safety (12:00 PM) <b>14</b>
Zumba (2:00PM) <b>16</b>	<b>17</b>	Chair Yoga (4:00 PM) <b>18</b>	<b>19</b>	The Importance of Balance (10:00 AM) Blue Medicare Basics (2:00 PM) <b>20</b>	Tai Chi (9:00 AM) <b>21</b>
Zumba (2:00PM) <b>23</b>	Meet Your Neighborhood Nurse! Monday - Friday 10 am to 4 pm. Get health advice, coaching and a Personal Health Assesment. <b>24</b>	Chair Yoga (4:00 PM) <b>25</b>	Be The Difference – Donate Blood Today (9:30 AM- 2:00 PM) Blue Medicare Basics (2:00 PM) <b>26</b>	The Imporance of Balance (10:00 AM) <b>27</b>	Tai Chi (9:00 AM) Hurricane Preparedness Expo (10:30AM - 1:00PM) <b>28</b>
Zumba (2:00PM) <b>30</b>	Blood Pressure Control (5:30 PM) <b>31</b>	Meet Your Neighborhood Nurse! Monday - Friday 10 am to 4 pm. Get health advice, coaching and a Personal Health Assesment.			