

# 2026 Statewide Wellness Calendar

## Monthly Live Webinars & Newsletter Topics

All times noted are Eastern Time Zone



### January Healthy Start

- **ASK THE DIETITIAN\*** (1/7 – 1pm-1:45pm)
  - Protein Needs
- **FLORIDA BLUE BETTER YOU TOPIC\*** (1/13 – 1pm-1:45pm)
  - Staying Healthy Starts Now
- **SANITAS\*** (1/21 – 12pm-1pm)
  - Beyond the New Year diet: Tips for a healthier eating routine
- **FLORIDA BLUE NEWSLETTER**
  - New year, healthier you: Focusing on prevention
  - Eyes on the prize: How diet affects eye health
- [Register for Florida Blue’s wellness live webinars](#)
- [Find a Florida Blue Center](#)



### February Heart Health Month

- **ASK THE DIETITIAN\*** (2/4 – 1pm-1:45pm)
  - Food as Medicine
- **FLORIDA BLUE BETTER YOU TOPIC\*** (2/10 – 1pm-1:45pm)
  - DASH to Better Health
- **SANITAS\*** (2/18 – 12pm-1pm)
  - Every second counts: Spotting the signs of a heart attack
- **CHRONIC CONDITION SERIES\*** (2/5, 2/12, 2/19 – 2pm-3pm)
  - Blood Pressure Control
- **FLORIDA BLUE NEWSLETTER**
  - The role of fiber in heart health
  - Understanding insomnia: Tips to improve sleep quality
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### March National Nutrition Month

- **ASK THE DIETITIAN\*** (3/4 – 1pm-1:45pm)
  - Discover the Power of Nutrition
- **FLORIDA BLUE BETTER YOU TOPIC\*** (3/10 – 1pm-1:45pm)
  - Eat Well for a Busy Life
- **SANITAS\*** (3/18 – 12pm-1pm)
  - Prevention, detection and smart eating for diabetes: A how-to guide
- **FLORIDA BLUE NEWSLETTER**
  - Discover the power of nutrition
  - Strength training for busy people: How to fit exercise into your schedule
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### April Spring into Action

- **ASK THE DIETITIAN\*** (4/1 – 1pm-1:45pm)
  - When You Have Allergies...
- **FLORIDA BLUE BETTER YOU TOPIC\*** (4/14 – 1pm-1:45pm)
  - Caring for the Caregiver
- **SANITAS\*** (4/15 – 12pm-1pm)
  - Heal your gut, save your brain: The connection between nutrition and mental health
- **CHRONIC CONDITION SERIES\*** (4/2, 4/9, 4/16 – 2pm-3pm)
  - Weight and Chronic Conditions
- **FLORIDA BLUE NEWSLETTER**
  - Caregivers and caregiving
  - Healthy eating on a budget
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### May National Women’s Health Month

- **ASK THE DIETITIAN\*** (5/6 – 1pm-1:45pm)
  - Foods for Mental Health
- **FLORIDA BLUE BETTER YOU TOPIC\*** (5/12 – 1pm-1:45pm)
  - Aging Well: Preventing Cognitive Decline
- **SANITAS\*** (5/20 – 12pm-1pm)
  - Heart & mind connection: Stress, emotions and your cardiovascular health
- **BEHAVIORAL HEALTH\*** (5/21 – 1pm-2pm)
  - Optimizing Your Digital Mental Well-Being Solution
- **FLORIDA BLUE NEWSLETTER**
  - Foods for mental health
  - Digital health
- [Register for Florida Blue’s wellness live webinars](#)
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### June National Men’s Health / Safety Month

- **ASK THE DIETITIAN\*** (6/3 – 1pm-1:45pm)
  - Nutrition for Men
- **FLORIDA BLUE BETTER YOU TOPIC\*** (6/9 – 1pm-1:45pm)
  - Men: It’s Time for Your Tune-Up
- **SANITAS\*** (6/17 – 12pm-1pm)
  - Early detection saves lives: Understanding the most common cancers
- **FLORIDA BLUE NEWSLETTER**
  - Men’s health
  - Breath work for stress management
- [Register for Florida Blue’s wellness live webinars](#)
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## July

### Sleep and Healthy Aging Month

- **ASK THE DIETITIAN\*** (7/1 – 1pm-1:45pm)
  - *Al and Nutrition*
- **FLORIDA BLUE BETTER YOU TOPIC \*** (7/14 – 1pm-1:45pm)
  - *Drink to Your Health*
- **SANITAS\*** (7/15 – 12pm-1pm)
  - *Primary Care vs. Urgent Care vs. the ER*
- **FLORIDA BLUE NEWSLETTER**
  - *Get outside: The power of grounding*
  - *Summer safety: The dangers of heat stroke*
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Be Healthy!

## August

### Children's Health Month

- **ASK THE DIETITIAN\*** (8/5 – 1pm-1:45pm)
  - *Healthy Eating for Travelers on the Go*
- **FLORIDA BLUE BETTER YOU TOPIC \*** (8/11 – 1pm-1:45pm)
  - *Eat to Thrive: Nutrition for Healthy Aging*
- **SANITAS\*** (8/19 – 12pm-1pm)
  - *Caring for the Caregiver: Understanding hospice vs. palliative care*
- **BEHAVIORAL HEALTH\*** (8/20 – 1pm-2pm)
  - *Supporting Youth Mental Well-Being*
- **FLORIDA BLUE NEWSLETTER**
  - *Back to school: Packing kids' lunches*
  - *Low impact exercise for weight loss*
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- [Find a Florida Blue Center](#)



## September

### Stress Management & Immune Function Month

- **ASK THE DIETITIAN\*** (9/2 – 1pm-1:45pm)
  - *Nutrition Needs for Seniors*
- **FLORIDA BLUE BETTER YOU TOPIC \*** (9/8 – 1pm-1:45pm)
  - *Fall Health Update*
- **SANITAS\*** (9/16 – 12pm-1pm)
  - *Brain health for every age: How to protect your memory and focus*
- **FLORIDA BLUE NEWSLETTER**
  - *Importance of preventive care*
  - *Flu prevention*
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## October

### National Breast Cancer Awareness Month

- **CHRONIC CONDITION SERIES\*** (10/1, 10/8, 10/15 – 2pm-3pm)
  - *Healthy Living Prediabetes Series*
- **ASK THE DIETITIAN\*** (10/7 – 1pm-1:45pm)
  - *Food for Cancer Prevention*
- **FLORIDA BLUE BETTER YOU TOPIC \*** (10/13 – 1pm-1:45pm)
  - *Women's Health*
- **BEHAVIORAL HEALTH\*** (10/15 – 1pm-2pm)
  - *Balancing Maternal Physical and Mental Health*
- **SANITAS\*** (10/21 – 12pm-1pm)
  - *Managing anxiety and depression in today's world*
- **FLORIDA BLUE NEWSLETTER**
  - *Women's health: Preventive care*
  - *Maternal health: Balancing physical and mental health*
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## November

### American Diabetes Awareness Month

- **ASK THE DIETITIAN\*** (11/4 – 1pm-1:45pm)
  - *Navigating Social Media for Credible Nutrition Information*
- **FLORIDA BLUE BETTER YOU TOPIC \*** (11/10 – 1pm-1:45pm)
  - *The Art of Setting Boundaries for Stress Management*
- **SANITAS\*** (11/18 – 12pm-1pm)
  - *Breathe easy: Simple ways to keep your lungs strong*
- **CHRONIC CONDITION SERIES\*** (11/5, 11/12, 11/19 – 2pm-3pm)
  - *Live Well with Diabetes*
- **FLORIDA BLUE NEWSLETTER**
  - *Benefits of exercise and a plant-forward diet to manage blood sugar*
  - *Setting healthy boundaries*
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## December

### Healthy Holidays

- No live webinar this month
- **FLORIDA BLUE NEWSLETTER**
  - *Attitude of gratitude*
  - *Gifts of experience for the holidays*
- [Find a Florida Blue Center](#)