



October webinars from Better You

Join us for live webinars as we turn a spotlight on breast cancer awareness and stress management. Our registered dietitian will also discuss ways to shop on a budget and provide inexpensive meal ideas.

Register by pointing your smart phone camera to the QR code, or click on the topic to get your unique URL to attend.

Breast Cancer
Tuesday, October 8, 2024
1:00 pm Eastern/12:00 pm Central



Ask the Dietitian: Shopping on a Budget
Wednesday, October 9, 2024
1:00 pm Eastern/12:00 pm Central



Stress Management
Wednesday, October 16 2024
12:00 pm Eastern/11:00 am Central



Florida Blue 

BetterYou

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