



April webinars from BetterYou

Join us to learn from experts in the field as they share valuable insights on topics that affect us all. From managing food allergies to prioritizing self-care, understanding how excess weight affects your health, and exploring the link between nutrition and mental health, our webinars offer a unique opportunity to gain knowledge and ask questions.

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



Florida Blue is a trade name of Blue Cross and Blue Shield of Florida, Inc., an Independent Licensee of the Blue Cross and Blue Shield Association. We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773). ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).