



# May webinars from Better You

Join us for live webinars to help prioritize your well-being. In honor of Mental Health Awareness Month, we're hosting a webinar on mental health where we'll explore the impact of stress, how to build resilience and a support network. Next, discover the power of functional foods and beverages with our registered dietitian. Finally, learn how to develop a healthier relationship with food and your body with our mindful eating webinar, facilitated by the lead dietitian at Sanitas Medical Clinics.



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 

**BetterYou**

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