



November webinars from Better You

November is National Diabetes Month and the start of the holiday season. Join us for our upcoming webinars, where you'll learn expert tips and strategies for managing diabetes, as well as how to stay resilient and make healthy choices during the holiday season. Discover how to maintain your physical and emotional health, even during festive celebrations. Sign up now and start feeling empowered to take on the holiday season with confidence.

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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