

# BETTER YOU ASK THE DIETITIAN

Florida Blue   
BetterYou

In this month's Ask the Dietitian live webinar, Lauren Dimitrov, a registered dietitian nutritionist with Florida Blue, will discuss how some foods and specific nutrients can support your immune system as cold and flu season begins. After a short presentation, Lauren will answer your questions during live Q&A.

Presented by Florida Blue and

Date:

Time:

Place:



Contact:

To register for the event, click on the link below:

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).

108515 1121