



## Eat for the Health of It!

### Peanut Butter Granola Pinwheels

Take 5 minutes to prepare this healthy lunch option!

Ingredients:

- 4 tablespoons creamy peanut butter
- 2 flour tortillas (8 inches)
- 2 teaspoons honey
- 1/2 cup granola without raisins



Spread peanut butter over each tortilla; drizzle with honey and sprinkle with granola. Roll up and cut into slices.

## Florida Blue Members

Get even more great health and wellness information and stay in the know with our Florida Blue's blog:  
<https://www.floridablue.com/blog>

Click on the link below and select the **Florida Blue Center** nearest you, and check the activities calendars for great wellness programs:

<https://www.floridablue.com/find-a-location>

## Florida Health Care Members

**Exciting news for *FHCP Participants*...Extended Hours Care Center across from Halifax Medical Center is now open 7am-7pm, Mon-Fri and 8am-noon on Saturday.**

**The modern facility is in the 350 building. Beginning March 2<sup>nd</sup>, the pharmacy will be open on SAT 9am-1pm in that location, as well.**

## Save the Date!

Daytona State College's

2019 Employee Health and Wellness Fair

April 26, 2019!

Featuring New Vendors and activities!

Make plans to attend!