

# YOUR NEIGHBORHOOD HUMANA LOCATION

AT YORKTOWN CENTER MALL



## JANUARY EVENTS

### JAN. 4

- 8:15 – 9:15 A.M.** Walking group
- 10 A.M.** Simple ways to fight belly fat
- 10 A.M. – 2 P.M.** SilverSneakers® demos
- 11 A.M. – NOON** Charity crafting
- 11 A.M.** Reading food labels
- NOON – 1 P.M.** iPad® tech series
- NOON** Coloring to relieve stress
- 1 P.M.** BINGO!
- 2 P.M.** 5 sneaky causes of weight gain
- 3 P.M.** Board games

### JAN. 11

- 8:15 – 9:15 A.M.** Walking group
- 10 A.M.** Relief from anxiety
- 10 A.M. – 2 P.M.** SilverSneakers® demos
- 11 A.M. – NOON** Charity crafting
- 11 A.M.** Top sleep killers
- NOON – 1 P.M.** iPad® tech series
- NOON** Fruit and vegetable smoothie demos
- 1 P.M.** Meet Customer Service
- 2 P.M.** Accepting change
- 3 P.M.** Board games

### JAN. 18

- 8:15 – 9:15 a.m.** Walking group
- 10 A.M.** 10 superfoods you should know about
- 10 A.M. – 2 P.M.** SilverSneakers® demos
- 11 A.M. – NOON** Charity crafting
- 11 A.M.** Cooking demo
- NOON** Brain games
- NOON – 1 P.M.** iPad® tech Series
- 1 P.M.** BINGO!
- 2 P.M.** Aging happily
- 3 P.M.** Board Games

### JAN. 25

- 8:15 – 9:15 A.M.** Walking group
- 10 A.M.** How to get healthy sleep
- 10 A.M. – 2 P.M.** SilverSneakers® demos
- 11 A.M. – NOON** Charity crafting
- 11 A.M.** Go365®
- NOON – 1 P.M.** iPad® tech series
- NOON** Bring a friend social
- 1 P.M.** January birthday celebration
- 2 P.M.** Battling the aging brain
- 3 P.M.** Board games



**YORKTOWN CENTER MALL**  
**203 YORKTOWN CENTER**  
**LOMBARD, IL 60148**  
**331-315-5219**  
**THURSDAYS 10 A.M. – 4 P.M.**

Join us **every Thursday**, starting **Jan. 4** at Yorktown Center Mall. There is always something going on—you can enjoy a variety of no-cost events, programs and activities designed to help you improve your physical and mental health.

**We hope you join us.**  
**You could win a \$25 gift card!\***

\*No obligation to complete activities to enter drawing.

**Humana**®

# HUMANA IS IN YOUR NEIGHBORHOOD



**TURN OVER** TO VIEW THIS MONTH'S  
CALENDAR OF EVENTS >>>

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## YOUR NEIGHBORHOOD HUMANA LOCATION

There is always something exciting going on—you can enjoy a variety of no-cost events, programs and activities designed to help you improve your physical and mental health.

### **Yorktown Center Mall**

203 Yorktown Center  
Lombard, IL 60148  
Thursdays 10 a.m. – 4 p.m.  
**331-315-5219**

## WHAT CAN YOU DO AT YOUR NEIGHBORHOOD HUMANA LOCATION?



### **GET HEALTHY** – FOCUS ON HOW TO IMPROVE HEALTH

Health and wellness classes have something for everyone!

- Cooking and nutrition courses



### **GET HAPPY** – FOCUS ON STAYING SOCIAL

Spend time with friends and make new ones!

- Social events
- Fun and games



### **GET HELP** – FOCUS ON INFORMATION YOU NEED

Humana team members are on-site to help you:

- Understand your benefits, plan specifics and bills
- Meet a health educator or a Customer Care specialist to get help with things like:
  - Nutrition, health and lifestyle education
  - Navigating your Humana plan
  - Locating community resources

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**NOT A MEMBER? THAT'S OK!**  
EVERYONE IS WELCOME, SO STOP BY TODAY!