

YOUR NEIGHBORHOOD HUMANA LOCATION

AT YORKTOWN CENTER MALL



FEBRUARY EVENTS

FEB. 1

- 8:15 – 9:15 A.M.** Walking group
- 10 – 11 A.M.** Balance builder workshop/SS instructor*
- 10 A.M. – 2 P.M.** SilverSneakers® fitness demos
- 11 A.M. – NOON** Charity crafting
- 11 A.M. – 1 P.M.** Balance screenings
- NOON – 1 P.M.** iPad® technology series
- 1 – 2 P.M.** Simple steps to help prevent falls*
- 2 – 3 P.M.** Helping a loved one with dementia*
- 3 – 4 P.M.** Bring a friend social

FEB. 15

- 8:15 – 9:15 A.M.** Walking group
- 10 – 11 A.M.** Protein: Are you getting enough?*
- 10 A.M. – 2 P.M.** SilverSneakers fitness demos
- 11 A.M. – NOON** Cooking demo: high-protein recipes*
- 11 A.M. – NOON** Charity crafting
- 11 A.M. – 1 P.M.** Balance screenings
- NOON – 1 P.M.** iPad® technology series
- 2 – 3 P.M.** The ABCs of vitamins and supplements*
- 3 – 4 P.M.** February birthday celebration

FEB. 8

- 8:15 – 9:15 A.M.** Walking group
- 10 A.M. – NOON** Managing COPD*
- 10 A.M. – 2 P.M.** SilverSneakers fitness demos
- 11 A.M. – NOON** Charity crafting
- 11 A.M. – 1 P.M.** Balance screenings
- NOON – 1 P.M.** iPad® technology series
- 2 – 3 P.M.** BINGO!

FEB. 22

- 8:15 – 9:15 A.M.** Walking group
- 10 A.M. – 2 P.M.** SilverSneakers fitness demos
- 10 A.M. – 4 P.M.** Open House*
- 11 A.M. – NOON** Member Orientation Meeting*
- 11 A.M. – NOON** Charity crafting
- NOON – 1 P.M.** Everything you need to know about Go365®*
- NOON – 1 P.M.** iPad® technology series
- 2 – 3 P.M.** Member Orientation Meeting*
- 3 – 4 P.M.** Everything you need to know about Go365*



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

Join us **every Thursday** 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!**

*RSVP

**No obligation to complete activities to enter drawing.

Humana®

HUMANA IS IN YOUR NEIGHBORHOOD



TURN OVER TO VIEW THIS MONTH'S
CALENDAR OF EVENTS

Humana®



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

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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!