

YOUR NEIGHBORHOOD HUMANA LOCATION

AT YORKTOWN SHOPPING CENTER



MAY EVENTS

MAY 3

- 8:15 – 9:15 A.M.** Walking group
- 9 A.M.** Coloring for relaxation
- 10 A.M.** Thyroid disorders: Signs and management
- 10 A.M. – 2 P.M.** SilverSneakers® fitness demos
- 11 A.M.** 6 secrets to losing weight
- NOON** 5 sneaky causes of weight gain
- NOON – 1 P.M.** iPad® technology series
- 12:15 – 1:15 P.M.** SilverSneakers Classic***
- 1 P.M.** Brain games
- 2 P.M.** 10 superfoods you should know about

MAY 10

- 8:15 – 9:15 A.M.** Walking group
- 9 A.M.** Watercolor painting
- 10 A.M.** Better breathers club
- 10 A.M. – 2 P.M.** SilverSneakers fitness demos
- 11 A.M. – 1 P.M.** Diabetes: Strategies for healthy living, with Mary Buescher, MS, RD, CDE*
- 11 A.M. – 1 P.M.** Diabetic foot screenings*
- NOON – 1 P.M.** iPad® technology series
- 12:15 – 1:15 P.M.** SilverSneakers Classic***
- 1 P.M.** Mother's Day celebration and May birthday party
- 2 P.M.** BINGO

MAY 17

- 8:15 – 9:15 A.M.** Walking group
- 9 A.M.** Coloring for relaxation
- 10 A.M.** Diabetes: Why sugar matters
- 10 A.M. – 1 P.M.** Diabetic food screenings*
- 10 A.M. – 2 P.M.** SilverSneakers fitness demos
- 11 A.M.** The truth about carbs
- NOON** Healthy cooking demo: low-carb recipes*
- NOON – 1 P.M.** iPad® technology series
- 12:15 – 1:15 P.M.** SilverSneakers Classic***
- 1 P.M.** Brain games
- 2 P.M.** Card games

MAY 24

- 8:15 – 9:15 A.M.** Walking group
- 9 A.M.** Watercolor painting
- 10 A.M.** Beating the blues
- 10 A.M. – 2 P.M.** SilverSneakers fitness demos
- NOON** Boosting your mood with food and fitness
- NOON – 1 P.M.** iPad® technology series
- 12:15 – 1:15 P.M.** SilverSneakers Classic***
- 1 P.M.** Memorial Day celebration
- 2 P.M.** BINGO



YORKTOWN SHOPPING CENTER
ACROSS FROM VON MAUR
203 YORKTOWN CENTER
LOMBARD, IL 60148
331-315-5219
THURSDAYS 9 A.M. – 3 P.M.

MAY 31

- 8:15 – 9:15 A.M.** Walking group
- 10 A.M.** Your meds: What you should know
- 10 A.M. – 2 P.M.** SilverSneakers fitness demos
- 11 A.M.** Top 5 food and drug interactions, with Walgreens Pharmacy
- NOON** Eat this, not that
- NOON – 1 P.M.** iPad® technology series
- 12:15 – 1:15 P.M.** SilverSneakers Classic***
- 1 P.M.** Healthy snack demo
- 2 P.M.** Scrabble
- 3 P.M.** Games: Word search

*RSVP

**No obligation to complete activities to enter drawing.

***Humana Medicare Advantage members only

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 Shopping Center

Across from Von Maur
203 Yorktown Center
Lombard, IL 60148
Thursdays 9 a.m. – 3 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

Humana[®]

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