

YOUR NEIGHBORHOOD HUMANA LOCATION

AT YORKTOWN SHOPPING CENTER



APRIL EVENTS

APRIL 5

- 8:15 – 9:15 A.M.** Walking group
- 10 A.M.** Harmonicas for Health, Series 1 Class 5*
- 10 A.M. – 2 P.M.** SilverSneakers® fitness demos
- 11 A.M.** Protect yourself from scams
- NOON** Crafting for charity
- NOON – 1 P.M.** SilverSneakers Classic***
- NOON – 1 P.M.** iPad® technology series
- 1 P.M.** Harmonicas for Health, Series 2 Class 5*
- 2 P.M.** April birthday celebration
- 3 P.M.** Harmonicas for Health, Series 3 Class 5*

APRIL 12

- 8:15 – 9:15 A.M.** Walking group
- 10 A.M.** Understanding wills, trusts and advance directives, with Mary Kay Furiasse, BSN, JD, LLM*
- 10 A.M. – 2 P.M.** SilverSneakers fitness demos
- 11 A.M.** 5 steps for end-of-life planning
- NOON** Card making
- NOON – 1 P.M.** SilverSneakers Classic***
- NOON – 1 P.M.** iPad® technology series
- 1 P.M.** Brain games
- 2 P.M.** BINGO
- 3 P.M.** Extreme word search

APRIL 19

- 8:15 – 9:15 A.M.** Walking group
- 10 A.M.** Decompress from stress
- 10 A.M. – 2 P.M.** SilverSneakers fitness demos
- 11 A.M.** Sodium: Where are you hiding?
- NOON** Healthy cooking demo: low-salt recipes*
- NOON – 1 P.M.** SilverSneakers Classic***
- NOON – 1 P.M.** iPad® technology series
- 1 P.M.** Staying social: How to do it right
- 2 P.M.** Bring a friend social
- 3 P.M.** Scrabble

APRIL 26

- 8:15 – 9:15 A.M.** Walking group
- 10 A.M.** Better breathers club
- 10 A.M. – 2 P.M.** SilverSneakers fitness demos
- 11 A.M.** Congestive Heart Failure: Is your heart really failing? With Alexis Thomas, MSN, APRN, FNP-BC*
- NOON** Coloring for relaxation
- NOON – 1 P.M.** SilverSneakers Classic***
- NOON – 1 P.M.** iPad® technology series
- 1 P.M.** Making a healthy change
- 2 P.M.** BINGO
- 3 P.M.** Board games



YORKTOWN SHOPPING CENTER
ACROSS FROM VON MAUR
203 YORKTOWN CENTER
LOMBARD, IL 60148
331-315-5219
THURSDAYS 10 A.M. – 4 P.M.

Join us **every Thursday** at Yorktown Shopping Center. 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 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 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!