

YOUR NEIGHBORHOOD HUMANA LOCATION

AT YORKTOWN SHOPPING CENTER



JUNE EVENTS

JUNE 7

8:15 – 9:15 A.M. Walking group
9 A.M. Diabetes Support Series: Diabetes 101
9 A.M. – 2 P.M. SilverSneakers® fitness demos
10:30 A.M. Tea and Me, with Tea Canal
11 A.M. Osteoporosis: Building stronger bones
NOON – 1 P.M. iPad® technology series
NOON Tech 101, with Verizon
12:15 – 1:15 P.M. SilverSneakers Classic*
1 P.M. Health seminar: Diabetes
2 P.M. BINGO

JUNE 14

8:15 – 9:15 A.M. Walking group
9 A.M. Diabetes Support Series: Complications
9 A.M. – 2 P.M. SilverSneakers fitness demos
10:30 A.M. COPD Support Group
11 A.M. Foods to boost bone health
NOON Healthy cooking demo: Recipes for healthy bones
NOON – 1 P.M. iPad® technology series
12:15 – 1:15 P.M. SilverSneakers Classic*
1 P.M. Health seminar: Know your numbers
2 P.M. June birthday and Father's Day celebration

JUNE 21

8:15 – 9:15 A.M. Walking group
9 A.M. Diabetes Support Series: Create your plate
9 A.M. – 2 P.M. SilverSneakers fitness demos
10:30 A.M. Crafting for charity
11 A.M. Natural remedies for high blood pressure
NOON Protect yourself against scams, with Verizon
NOON – 1 P.M. iPad® technology series
12:15 – 1:15 P.M. SilverSneakers Classic*
1 P.M. Health seminar: Is your plate heart-healthy?
2 P.M. BINGO

JUNE 28

8:15 – 9:15 A.M. Walking group
9 A.M. Diabetes Support Series: Decoding food labels
9 A.M. – NOON Diabetic foot screenings
9 A.M. – 2 P.M. SilverSneakers fitness demos
10 A.M. – 2 P.M. Meet with your Humana Pharmacist
10:30 A.M. Coloring for relaxation
11 A.M. Managing kidney disease, with Terry Lallky, RN, BSN
NOON Using technology to stay connected, with Verizon
NOON – 1 P.M. iPad® technology series
12:15 – 1:15 P.M. SilverSneakers Classic*
1 P.M. Health seminar: Learn to eat mindfully
2 P.M. Charity crafting: Card making



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

*Humana Medicare Advantage members only

**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 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!