

YOUR NEIGHBORHOOD HUMANA LOCATION

AT YORKTOWN SHOPPING CENTER



JULY EVENTS

JULY 5

8:15 – 9:15 A.M. Walking group
9 A.M. Diabetes Support Series: Medication safety
10 A.M. – 2 P.M. SilverSneakers® fitness demos
11 A.M. Health seminar: Your meds, what you should know
NOON Board games: Scrabble
NOON – 1 P.M. iPad® technology series
12:15 – 1:15 P.M. SilverSneakers Classic*
1 P.M. Health seminar: Partner with your doctor
2 P.M. BINGO

JULY 19

8:15 – 9:15 A.M. Walking group
9 A.M. Coloring for relaxation
10 A.M. – 2 P.M. SilverSneakers fitness demos
10:30 A.M. Health seminar: Is gluten-free for me?
11 A.M. Understanding the food-mood connection
NOON Healthy cooking demo: Mood-boosting recipes
NOON – 1 P.M. iPad® technology series
12:15 – 1:15 P.M. SilverSneakers Classic*
1 P.M. Health seminar: Reading food labels
2 P.M. BINGO

JULY 12

8:15 – 9:15 A.M. Walking group
9 A.M. Crafting for charity: Paracords
10 A.M. – 2 P.M. SilverSneakers fitness demos
10 A.M. COPD Support Group
11 A.M. Strategies to fight depression with Carrie Watson, RN, ASN, BA (RSVP)
NOON How to stay positive when life feels negative (RSVP)
NOON – 1 P.M. iPad® technology series
12:15 – 1:15 P.M. SilverSneakers Classic*
1 P.M. July birthday celebration
2 P.M. Brain games

JULY 26

8:15 – 9:15 A.M. Walking group
9 A.M. Watercolor painting
10 A.M. – 2 P.M. SilverSneakers fitness demos
10 A.M. 10 tips for better sleep (RSVP)
11 A.M. Health seminar: Healthy sleep
NOON Timed word search
NOON – 1 P.M. iPad® technology series
12:15 – 1:15 P.M. SilverSneakers Classic*
1 P.M. Health seminar: Energy boosters
2 P.M. Brain games



**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!