

Your neighborhood Humana location at Yorktown Shopping Center



OCTOBER EVENTS

OCTOBER 4

8:15 – 9:15 a.m. Walking group
9 a.m. Crafting for charity: Card making
10 a.m. – 2 p.m. SilverSneakers® fitness demos
10 a.m. Health seminar: The skinny on fat
11 a.m. Clean eating: Ditch the processed foods
Noon – 1 p.m. Coloring for relaxation
Noon Body mass index (BMI) screenings
12:15 – 1:15 p.m. SilverSneakers Classic*
1 p.m. Brain games
2 p.m. Connect 4 board game

OCTOBER 18

8:15 – 9:15 a.m. Walking group
9 a.m. Crafting for charity: Card making
10 a.m. – 2 p.m. SilverSneakers fitness demos
10 a.m. Body mass index (BMI) screenings
11 a.m. Arthritis: Foods to reduce inflammation
Noon Healthy cooking demo: Inflammation-fighting foods
Noon – 1 p.m. Coloring for relaxation
12:15 – 1:15 p.m. SilverSneakers Classic*
1 p.m. October birthday social
2 p.m. Brain games

OCTOBER 11

8:15 – 9:15 a.m. Walking group
9 a.m. iPad 101
10 a.m. – 2 p.m. SilverSneakers fitness demos
10 a.m. Better breathers club
11 a.m. Living with tummy troubles: IBS and IBD
Noon Healthy cooking demo: Good foods for your gut
Noon – 1 p.m. Coloring for relaxation
12:15 – 1:15 p.m. SilverSneakers Classic*
1 p.m. Bingo
2 p.m. Uno card game

OCTOBER 25

8:15 – 9:15 a.m. Walking group
9 a.m. iPad 101
10 a.m. – 2 p.m. SilverSneakers fitness demos
10 a.m. – 2 p.m. Meet with your Humana pharmacist
10 a.m. 10 warning signs of Alzheimer's disease
11 a.m. Arthritis: Living with chronic joint pain, with Carrie Watson, RN, BSN (RSVP)
Noon Creative writing workshop
Noon – 1 p.m. Coloring for relaxation
12:15 – 1:15 p.m. SilverSneakers Classic*
1 p.m. Bingo
2 p.m. Scrabble



Yorktown Shopping Center
Across from Von Maur
203 Yorktown Center
Lombard, IL 60148
Thursdays, 9 a.m. – 3 p.m.
331-315-5219

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

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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!