



**HUMANA**  
IS IN YOUR  
NEIGHBORHOOD

**YORKTOWN  
SHOPPING  
CENTER**

**Lombard, IL**



## What can you do at your neighborhood Humana location?

Humana in your neighborhood offers a variety of no-cost events, programs and activities designed to help you improve physical and mental health, so come on in and see what's happening!

### GET HEALTHY

Learn from classes on nutrition, healthy lifestyle and more. Check out a cooking demo, or learn tips and tools to help you stay healthy.

### GET HAPPY

Come join in on social events from belly laughs to board games and more. Spend time with friends and make new ones!

### GET HELP

Humana team members are on-site to help you:

- Finding and changing providers in the Humana network
- Getting information about covered prescriptions
- Help understanding your benefits, bills and claims



**TURN OVER**  
to see February's  
calendar of events.

### **Yorktown Shopping Center**

Inside the mall

Across from Von Maur

203 Yorktown Center

Lombard, IL 60148

Thursdays, 9 a.m. – 3 p.m.

**331-315-5219**

**Humana**

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



# FEBRUARY 2019

Inside Yorktown Shopping Center



**SPACE IS LIMITED  
Call to RSVP today!**

## FEBRUARY 7

- 8:15 – 9:15 a.m.** Walking group
- 9 a.m.** Crafting: Mod-podge vases
- 10 a.m. – 2 p.m.** SilverSneakers® fitness demos
- 10 a.m.** Five health numbers you need to know
- 11 a.m.** Prediabetes: Keep your blood sugar in check, with Terry Lallky, RN, BSN
- Noon – 1 p.m.** Coloring for relaxation
- 12:15 – 1:15 p.m.** SilverSneakers Classic\*
- 1 p.m.** Brain games
- 2 p.m.** Name that tune

## FEBRUARY 21

- 8:15 – 9:15 a.m.** Walking group
- 9 a.m.** Crafting: Jewelry making
- 10 a.m. – 2 p.m.** SilverSneakers® fitness demos
- 10 a.m.** The shakedown on sugar
- 11 a.m.** Rate your plate
- Noon** Healthy cooking demo: Recipes for a healthy plate
- Noon – 1 p.m.** Coloring for relaxation
- 12:15 – 1:15 p.m.** SilverSneakers Classic\*
- 1 p.m.** Brain games
- 2 p.m.** Timed word search

## FEBRUARY 14

- 8:15 – 9:15 a.m.** Walking group
- 9 a.m.** Crafting: Ceramic valentine hearts
- 10 a.m. – 2 p.m.** SilverSneakers® fitness demos
- 10 a.m.** Ten tips for better sleep
- 11 a.m.** Tools to help you overcome anxiety
- Noon – 1 p.m.** Coloring for relaxation
- Noon** Valentine’s Day and birthday social
- 12:15 – 1:15 p.m.** SilverSneakers Classic\*
- 1 p.m.** Bingo
- 2 p.m.** Anagrams

## FEBRUARY 28

- 8:15 – 9:15 a.m.** Walking group
- 9 a.m.** Crafting: Friendship bracelets
- 10 a.m. – 2 p.m.** SilverSneakers® fitness demos
- 10 a.m.** Give your brain a boost
- 10 a.m. – 2 p.m.** Meet with your Humana Pharmacist
- 11 a.m.** Your guide to Go365® by Humana\*
- Noon – 1 p.m.** Coloring for relaxation
- Noon** Creative writing workshop
- 12:15 – 1:15 p.m.** SilverSneakers Classic\*
- 1 p.m.** Bingo
- 2 p.m.** Pictionary

Join us **every Thursday** inside Yorktown Shopping Center. You don’t need to be a member, so bring a friend and stop by today!



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### NOTES

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\*Humana Medicare Advantage members only