



**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. Come on in and see what's happening!

### GET HEALTHY

Attend classes on nutrition, managing your chronic condition or how to live a healthier lifestyle. You can also check out a cooking demo and learn how to make healthy recipes.

### GET HAPPY

Get social with events like crafting, board games and bingo. Spend time with friends and make new ones.

### GET HELP

Humana team members are on-site to help you:

- Find and change providers in the Humana network
- Get information about covered prescriptions
- Understand your Humana plan benefits, bills and claims



**TURN OVER**  
to see March'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!




# MARCH 2019

Inside Yorktown Shopping Center

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

THURSDAY, MARCH 7	THURSDAY, MARCH 21
<p><b>8:15 – 9:15 a.m.</b> Walking group  <b>9 a.m.</b> DIY craft: Dream catchers  <b>10 a.m. – 2 p.m.</b> SilverSneakers® fitness demos  <b>10 a.m.</b> High-fiber foods to help keep you regular  <b>11 a.m.</b> Six secrets to losing weight  <b>Noon</b> March birthday social  <b>Noon – 1 p.m.</b> Coloring for relaxation  <b>12:15 – 1:15 p.m.</b> SilverSneakers Classic*  <b>1 p.m.</b> Brain games  <b>2 p.m.</b> Scrabble</p>	<p><b>8:15 – 9:15 a.m.</b> Walking group  <b>9 a.m.</b> DIY craft: Non-slip socks  <b>10 a.m. – 2 p.m.</b> SilverSneakers® fitness demos  <b>10 a.m.</b> How nutrition changes as you age  <b>11 a.m.</b> Protein: Are you getting enough?  <b>Noon</b> Healthy cooking demo: High-protein recipes  <b>Noon – 1 p.m.</b> Coloring for relaxation  <b>12:15 – 1:15 p.m.</b> SilverSneakers Classic*  <b>1 p.m.</b> Brain games  <b>2 p.m.</b> Pictionary</p>
THURSDAY, MARCH 14	THURSDAY, MARCH 28
<p><b>8:15 – 9:15 a.m.</b> Walking group  <b>9 a.m.</b> DIY craft: Four-leaf clovers  <b>10 a.m. – 2 p.m.</b> SilverSneakers® fitness demos  <b>10 a.m.</b> Ten tips for better sleep  <b>11 a.m.</b> COPD: Breathe easier, with Terry Lallky, RN, BSN  <b>Noon – 1 p.m.</b> Coloring for relaxation  <b>12:15 – 1:15 p.m.</b> SilverSneakers Classic*  <b>1 p.m.</b> Bingo  <b>2 p.m.</b> Anagrams</p>	<p><b>8:15 – 9:15 a.m.</b> Walking group  <b>9 a.m.</b> DIY craft: Flower pot painting  <b>10 a.m. – 2 p.m.</b> SilverSneakers® fitness demos  <b>10 a.m.</b> Life after loss: Coping with grief  <b>11 a.m.</b> Seasonal allergies: Relief from wheezing and sneezing  <b>Noon – 1 p.m.</b> Coloring for relaxation  <b>Noon</b> Protect yourself from scams  <b>12:15 – 1:15 p.m.</b> SilverSneakers Classic*  <b>1 p.m.</b> Bingo  <b>2 p.m.</b> Name that tune: Classic TV shows</p>

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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 203 Yorktown Center  
 Lombard, IL 60148  
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## NOTES

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