



HUMANA
IS IN YOUR
NEIGHBORHOOD

Yorktown Center

LOMBARD, ILLINOIS



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

Humana[®]

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Turn over

to see this month'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

**Not a member?
That's OK!**

Everyone is welcome,
so stop by today!



April 2019

Inside Yorktown Shopping Center

Thursday, April 4	Thursday, April 18
<p>8:15 – 9:15 a.m. Walking group 9 a.m. DIY craft: Floral wreaths 10 a.m. – 2 p.m. SilverSneakers® fitness demos 10 a.m. Medicare 101, with Dorothy Pullia 11 a.m. Your guide to a healthy heart: Living with hearth failure, with Terry Lallky, RN, BSN (RSVP) Noon – 1 p.m. Coloring for relaxation 12:15 – 1:15 p.m. SilverSneakers Classic* 1 p.m. Bingo 2 p.m. Pictionary</p>	<p>8:15 – 9:15 a.m. Walking group 9 a.m. DIY craft: Easter egg (plastic) decorating 10 a.m. – 2 p.m. SilverSneakers® fitness demos 10 a.m. Protect yourselves from scams, with Scott Johnson 11 a.m. Organic foods: To buy or not to buy Noon Healthy cooking demo: Organic foods Noon – 1 p.m. Coloring for relaxation 12:15 – 1:15 p.m. SilverSneakers Classic* 1 p.m. Bingo 2 p.m. Scrabble</p>
Thursday, April 11	Thursday, April 25
<p>8:15 – 9:15 a.m. Walking group 9 a.m. DIY craft: Jewelry making 10 a.m. – 2 p.m. SilverSneakers® fitness demos 10 a.m. Five steps for advanced care planning 11 a.m. Understanding wills, trusts and advanced directives (RSVP) Noon April birthday social Noon – 1 p.m. Coloring for relaxation 12:15 – 1:15 p.m. SilverSneakers Classic* 1 p.m. Brain games 2 p.m. Connect 4</p>	<p>8:15 – 9:15 a.m. Walking group 9 a.m. DIY craft: Picture frame decorating 10 a.m. – 2 p.m. SilverSneakers® fitness demos 10 a.m. Six secrets to losing weight 11 a.m. Battling dangerous belly fat Noon – 1 p.m. Coloring for relaxation Noon Paint and sip: Watercolor painting 12:15 – 1:15 p.m. SilverSneakers Classic* 1 p.m. Brain games 2 p.m. Family Feud</p>

You don't need to be a member to attend most events, so bring a friend and stop by today!



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