



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



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!

Humana®



May 2019

Inside Yorktown Shopping Center

<p>Thursday, May 2</p> <p>8:15 – 9:15 a.m. Walking group 9 a.m. DIY craft: Rock painting 10:30 a.m. – 12:30 p.m. SilverSneakers® fitness demos 10 a.m. Battling dangerous belly fat 11 a.m. – noon Find relief from back pain Noon – 1 p.m. Coloring for relaxation 12:15 – 1:15 p.m. SilverSneakers Classic* Noon – 1 p.m. BMI screenings 2 p.m. Board games: 5 Second Rule</p>	<p>Thursday, May 16</p> <p>8:15 – 9:15 a.m. Walking group 9 a.m. DIY craft: Jewelry making 10:30 a.m. – 12:30 p.m. SilverSneakers® fitness demos 10 a.m. Brain bootcamp, with Romelia 11 a.m. Managing atrial fibrillation for a healthy heart, with Terry Lallky, RN, BSN Noon BMI screenings Noon – 1 p.m. Coloring for relaxation 12:15 – 1:15 p.m. SilverSneakers Classic* 1 p.m. Fresh fruit and vegetable bingo 2 p.m. Anagrams</p>
<p>Thursday, May 9</p> <p>8:15 – 9:15 a.m. Walking group 9 a.m. DIY craft: Flower pot painting 10:30 a.m. – 12:30 p.m. SilverSneakers® fitness demos 10 a.m. The aging brain: What’s normal, what’s not? 11 a.m. – noon Kidney disease: Preparing for the future, with Terry Lallky, RN, BSN Noon Helping a loved one with dementia Noon – 1 p.m. Coloring for relaxation 12:15 – 1:15 p.m. SilverSneakers Classic* 1 p.m. May birthday social 2 p.m. Brain games</p>	<p>Thursday, May 23</p> <p>8:15 – 9:15 a.m. Walking group 9 a.m. DIY craft: Thank you cards for the troops 10:30 a.m. – 12:30 p.m. SilverSneakers® fitness demos 10 a.m. 10 superfoods you should know about 11 a.m. MIND Diet: Foods to fight dementia Noon Cooking demo: Recipes to fight dementia Noon – 1 p.m. Coloring for relaxation 12:15 – 1:15 p.m. SilverSneakers Classic* 1 p.m. Brain games 2 p.m. Family Feud</p>
<p>You don’t need to be a member to attend most events, so bring a friend and stop by today!</p> <p> 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</p>	<p>Thursday, May 30</p> <p>8:15 – 9:15 a.m. Walking group 9 a.m. DIY craft: Picture frame decorating 10:30 a.m. – 12:30 p.m. SilverSneakers® fitness demos 10 a.m. Healthy brain 11 a.m. Train your brain: Keep your mind sharp Noon Secrets of centenarians: How to live to 100 Noon – 1 p.m. Coloring for relaxation 12:15 – 1:15 p.m. SilverSneakers Classic* 1 p.m. Fresh fruit and vegetable bingo 2 p.m. Board games: Connect Four</p>

*Humana Medicare Advantage members only