



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

Humana[®]

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


Everyone is welcome,
so stop by today!

June 2019

Inside Yorktown Shopping Center

Thursday, June 6	Thursday, June 13
<p>9 a.m. DIY craft: Bird houses 10 a.m. The truth about carbs 11 a.m. – 1 p.m. Member orientation meeting with Michaela Sertler Noon Train your brain: Keep your mind sharp 1 p.m. Healthy food bingo 2 p.m. Karaoke</p>	<p>9 a.m. DIY craft: Indoor gardening 10 a.m. Making a healthy change with Nicole Lahner 11 a.m. Diabetes: Tools for a healthy life with LaDawna Goering, APRN, DNP, APRN-BC (RSVP) Noon Top tips for diabetes foot care 1 p.m. Father’s Day celebration and June birthday social 2 p.m. Spoken word literature spotlight</p>
Thursday, June 20	Thursday, June 27
<p>9 a.m. DIY craft: Windmill decorating 10 a.m. Fall asleep, stay asleep 11 a.m. Diabetes superfoods with Dr. Siya Nedumgottil Noon Healthy cooking demo: Recipes with diabetes superfoods 1 p.m. Healthy food bingo 2 p.m. Talent showcase</p>	<p>9 a.m. DIY craft: Window clings 10 a.m. Ask an agent with Scott Johnson 11 a.m. Dealing with the stress of diabetes with Dr. Karl Lagner Noon – 1:30 p.m. Your guide to Go365[®] by Humana 1:30 p.m. Battling the aging brain 2 p.m. Paint and sip: Watercolor painting</p>
	<p>Recurring classes</p> <p>8:15 – 9:15 a.m. Walking group 10:30 a.m. – 12:30 p.m. SilverSneakers[®] fitness demos Noon – 1 p.m. Coloring for relaxation 12:15 p.m. – 1:15 p.m. SilverSneakers[®] Classic*</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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