



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 (TTY: 711)

Humana.

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

Everyone is welcome,
so stop by today!

January 2020

Inside Yorktown Shopping Center

Thursday, January 2

9 a.m.	DIY craft: Jewelry boxes	Noon	Watercolor painting
9:30 a.m.	Ask an Agent with Micaela Hecko	1 p.m.	Healthy food bingo
11 a.m.	Cooking for one	2 p.m.	Brain games

Thursday, January 9

9 a.m.	DIY craft: Picture frames	Noon	January birthday social
9:30 a.m.	Humana Gold Plus® seminar with Nicole Lahner	1 p.m.	BMI screenings
11 a.m.	The truth about carbs	2 p.m.	Family Feud (bring a team or join a team)

Thursday, January 16

9 a.m.	DIY craft: Window clings	Noon	Healthy cooking demo: Low-sugar recipes
10 a.m.	Superfoods	1 p.m.	Healthy food bingo
11 a.m.	The shakedown on sugar	2 p.m.	5-second rule

Thursday, January 23

9 a.m.	DIY craft: Jewelry making	Noon	Name That Tune
10 a.m.	Eating healthy when eating out with Scott Johnson	1 p.m.	Blood pressure screening
11 a.m.	Colorectal cancer: Are you at risk?	2 p.m.	Scrabble

Thursday, January 30

9 a.m.	DIY craft: Mason jar decoration	Noon	Creative writing workshop
10 a.m.	Making a healthy change	1 p.m.	Healthy food bingo
11 a.m.	Create your online Go365® account	2 p.m.	Connect four

Recurring classes

8:15 – 9:15 a.m.	Walking group	12:15 – 1:15 p.m.	SilverSneakers® classic*
Noon – 1 p.m.	Coloring for relaxation		



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