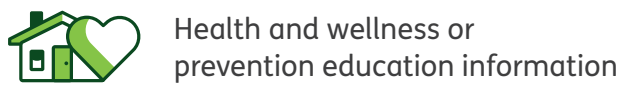




Humana Neighborhood Center
10330 Airline Hwy.
Baton Rouge, LA 70816



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We're more than health insurance, we're a part of your community

The Humana Neighborhood Center® is a part of your community, offering more than you might expect. We're here to support your unique needs—whatever they may be—so that you can achieve your whole-health goals.

If you require one-on-one assistance with health education, your Humana plan, or Customer Care, our staff is eager to assist.



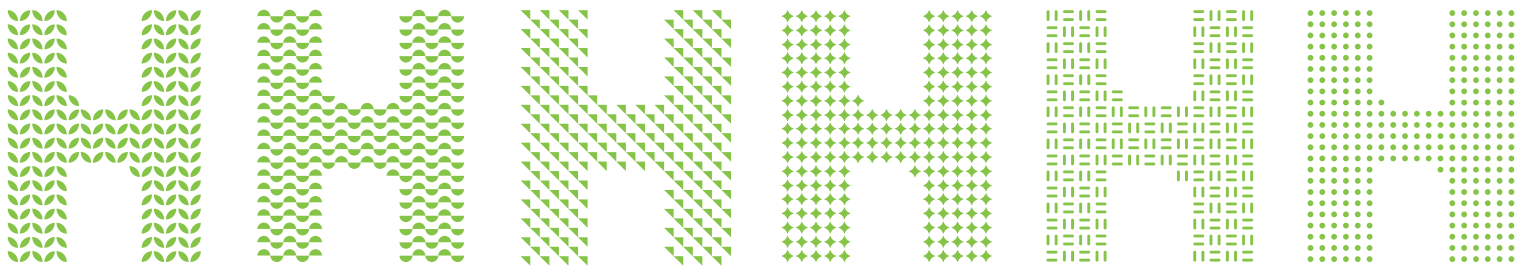
Humana Neighborhood Center

Stop by your local Humana Neighborhood Center for health education and fun

Look inside to see our April events



Baton Rouge
10330 Airline Hwy.
Suite B1
Baton Rouge, LA 70816
225-442-6100 (TTY: 711)
Monday – Friday, 9 a.m. – 4 p.m.



This information is provided for educational purposes only. It is not to be used for medical advice, diagnosis or treatment. Consult your healthcare provider if you have questions or concerns.

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English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **877-320-1235 (TTY: 711)**. **Español (Spanish):** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **877-320-1235 (TTY: 711)**. **繁體中文 (Chinese):** 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **877-320-1235 (TTY: 711)**。

Baton Rouge

April in-person events

Be sure to call to RSVP at 225-442-6100.
Class times and dates are subject to change.



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Suite B1
Baton Rouge, LA 70816
225-442-6100 (TTY: 711)
Monday – Friday, 9 a.m. – 4 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
<div>1</div> <div>10 a.m. - 12 p.m. Harmonicas for Health: Week 1</div> <div>1 - 3 p.m. Paint & sip</div> <div>1:30 - 2:15 p.m. SilverSneakers® Yoga*</div> <div>1:45 - 2:45 p.m. Relief from seasonal allergies</div>	<div>2</div> <div>9:30 - 10:15 a.m. Zumba®*</div> <div>10:30 - 11:15 a.m. & 11:30 a.m. - 12:15 p.m. SilverSneakers® Strength and Balance*</div> <div>12:30 - 1:30 p.m. Tech day with EBRP Library</div> <div>1 - 3 p.m. DIY craft club</div>	<div>3</div> <div>10 - 11 a.m. Foods to boost bone health</div> <div>11:30 a.m. - 12:15 p.m. Chef Nino cooking demo 1</div> <div>12:30 - 1:15 p.m. Chef Nino cooking demo 2</div> <div>1:30 - 2:30 p.m. National Walking Day</div>	<div>4</div> <div>9 - 10 a.m. Veterans coffee club</div> <div>9:30 - 10:15 a.m. Zumba®*</div> <div>10:30 - 11:30 a.m. & 11:30 a.m. - 12:30 p.m. SilverSneakers® Yoga*</div> <div>12:30 - 2:30 p.m. Loom knitting club</div>	<div>5</div> <div>10 a.m. - 3 p.m. Donations: Pantry items</div> <div>10 - 11 a.m. Tabletop games: Battleship</div> <div>1 - 3 p.m. Movie & popcorn: Hitch (2005)</div> <div>3 - 4 p.m. Movie discussion club</div>
<div>8</div> <div>10 a.m. - 12 p.m. Harmonicas for Health: Week 2</div> <div>1 - 3 p.m. Paint & sip</div> <div>1:30 - 2:15 p.m. SilverSneakers® Yoga*</div> <div>2 - 3 p.m. Travel around the world: Italy (streamed)</div>	<div>9</div> <div>9:30 - 10:15 p.m. Zumba®*</div> <div>10:30 - 11:15 a.m. & 11:30 a.m. - 12:15 p.m. SilverSneakers® Strength and Balance*</div> <div>11:30 a.m. - 12:30 p.m. Craft corner: Bird feeder</div> <div>1 - 3 p.m. DIY craft club</div>	<div>10</div> <div>9:30 - 11 a.m. Understanding wills, trusts, and advance directives with Paula Ouder</div> <div>11:30 a.m. - 12:15 p.m. Chef Nino cooking demo 1</div> <div>12:30 - 1:15 p.m. Chef Nino cooking demo 2</div> <div>1:30 - 2:30 p.m. Neighborhood Center tour</div>	<div>11</div> <div>9:30 - 10:15 a.m. Zumba®*</div> <div>10 a.m. - 3 p.m. Community shred day</div> <div>10:30 - 11:30 a.m. & 11:30 a.m. - 12:30 p.m. SilverSneakers® Yoga*</div> <div>12:30 - 2:30 p.m. Loom knitting club</div>	<div>12</div> <div>10 a.m. - 3 p.m. Donations: Socks for heroes</div> <div>10 - 11 a.m. Name that tune with Branna</div> <div>1 - 3 p.m. Movie & popcorn: Field of Dreams (1989)</div> <div>3 - 4 p.m. Movie discussion club</div>
<div>15</div> <div>10 a.m. - 12 p.m. Harmonicas for Health: Week 3</div> <div>1 - 3 p.m. Paint & sip</div> <div>1:30 - 2:15 p.m. SilverSneakers® Yoga*</div> <div>1:45 - 2:45 p.m. Eating well while dining out</div>	<div>16</div> <div>9:30 - 10:15 a.m. Zumba®*</div> <div>10:30 - 11:15 a.m. & 11:30 a.m. - 12:15 p.m. SilverSneakers® Strength and Balance*</div> <div>12:30 - 1:30 p.m. Tech day with EBRP Library</div> <div>1 - 3 p.m. DIY craft club</div>	<div>17</div> <div>9:30 - 11 a.m. Building stronger bones</div> <div>11:30 a.m. - 12:15 p.m. Chef Nino cooking demo 1</div> <div>12:30 - 1:15 p.m. Chef Nino cooking demo 2</div> <div>1:30 - 2:30 p.m. Calcium social</div>	<div>18</div> <div>9:30 - 10:15 a.m. Zumba®*</div> <div>10:30 - 11:30 a.m. & 11:30 a.m. - 12:30 p.m. SilverSneakers® Yoga*</div> <div>12:30 - 2:30 p.m. Loom knitting club</div> <div>2:45 - 3:45 p.m. Beginner origami with John</div>	<div>19</div> <div>10 a.m. - 3 p.m. Donations: Yarn & fabrics</div> <div>10 - 11 a.m. Tabletop games: Scrabble</div> <div>1 - 3 p.m. Movie & popcorn: Big Fish (2003)</div> <div>3 - 4 p.m. Movie discussion club</div>
<div>22</div> <div>10 a.m. - 12 p.m. Harmonicas for Health: Week 4</div> <div>1 - 3 p.m. Paint & sip</div> <div>1:30 - 2:15 p.m. SilverSneakers® Yoga*</div> <div>1:45 - 2:45 p.m. National Poetry Month: Poem sharing</div>	<div>23</div> <div>9:30 - 10:15 a.m. Zumba®*</div> <div>10:30 - 11:15 a.m. & 11:30 a.m. - 12:15 p.m. SilverSneakers® Strength and Balance*</div> <div>12:30 - 1:30 p.m. Sharing school memories</div> <div>1 - 3 p.m. DIY craft club</div>	<div>24</div> <div>10 - 11:30 a.m. Find your feel great weight: Class 4 (RSVP)</div> <div>11:30 a.m. - 1:30 p.m. Upcycling with Cheryl: Bring your own fabric</div> <div>1:30 - 2:30 p.m. Kindness social: Positivity cards</div>	<div>25</div> <div>9:30 - 10:15 a.m. Zumba®*</div> <div>10:30 - 11:30 a.m. & 11:30 a.m. - 12:30 p.m. SilverSneakers® Yoga*</div> <div>12:30 - 2:30 p.m. Loom knitting club</div> <div>2:45 - 3:45 p.m. Beginner origami with John</div>	<div>26</div> <div>10 a.m. - 3 p.m. Donations: School supplies</div> <div>10 - 11 a.m. April birthday social & bingo</div> <div>1 - 3 p.m. Movie & popcorn: Eat Pray Love (2010)</div> <div>3 - 4 p.m. Movie discussion club</div>
<div>29</div> <div>10 a.m. - 12 p.m. Making your final wishes known</div> <div>1 - 3 p.m. Paint & sip</div> <div>1:30 - 2:15 p.m. SilverSneakers® Yoga*</div> <div>1:45 - 2:45 p.m. New friends social: Two truths and a lie</div>	<div>30</div> <div>9:30 - 10:15 a.m. Zumba®*</div> <div>10:30 - 11:15 a.m. & 11:30 a.m. - 12:15 p.m. SilverSneakers® Strength and Balance*</div> <div>11:30 a.m. - 12:30 p.m. Moisturizing salt scrub craft</div> <div>1 - 3 p.m. DIY craft club</div>			