

JANUARY 2023

Strive for a healthy routine. How can we help?

Your local Humana Neighborhood Center® is ready to help you. We are offering in-person classes, online events and one-on-one appointments with a licensed Humana sales agent and Customer Care specialist. Call us today, visit us online, or RSVP to stop by in person to learn more.

 **Space is limited.** Reserve your spot today.
Call **718-637-6835 (TTY: 711)**

[View our local calendar: Humana.com/BrooklynCommunity](https://www.humana.com/BrooklynCommunity)

HEALTH AND WELLNESS CLASSES

JANUARY 11TH

11 a.m. - 12 noon

5 sneaky causes of weight gain

JANUARY 17TH

11 a.m. - 12 noon

4 steps to jumpstart healthy habits

ADDITIONAL ACTIVITIES

EVERY MONDAY & TUESDAY

12 noon - 2 p.m.

Board Games

EVERY THURSDAY

10 a.m. - 12 noon

Coffee & Conversation

JANUARY 6TH

12 noon - 2 p.m.

Movie Day: 42

JANUARY 13TH

12 noon - 2 p.m.

Movie Day: Coach Carter

JANUARY 20TH

12 noon - 2 p.m.





Movie Day: The Great Debaters

JANUARY 27TH

12 noon - 2 p.m.

Movie Day: Moneyball

For your health and comfort, we have developed several ways you can participate

-  **In person:** Please call in advance to RSVP. Space is limited.
-  **Virtual:** Enjoy informative and fun events from the comfort and safety of your home. Instructions for registering for online classes are below.
-  **Class handouts:** Request a handout so you can learn when it's convenient for you.
-  **SilverSneakers®:** Humana members can visit [SilverSneakers.com](https://www.silversneakers.com) for at-home resources to help you stay active and connected.

Can't make it in person?

Attend a live online class at [HumanaNeighborhoodCenter.com](https://www.humana.com/NeighborhoodCenter)

Check out our on-demand video library

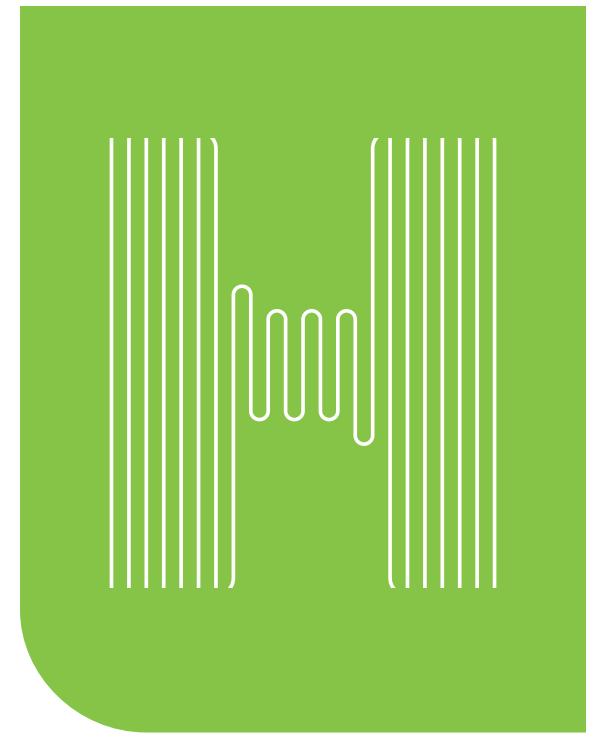
Watch the latest Humana Neighborhood Center online classes anytime, anywhere.



Brooklyn

1555 Flatbush Ave. | Brooklyn, NY 11210
718-637-6835 | Monday - Friday, 9 a.m. - 4:30 p.m.

Humana



For accommodations of persons with special needs at meetings call **718-637-6835 (TTY: 711)**.

Important

At Humana, it is important you are treated fairly.

Humana Inc. and its subsidiaries comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, ancestry, ethnicity, sex, sexual orientation, gender, gender identity, disability, age, marital status, religion, or language in their programs and activities, including in admission or access to, or treatment or employment in, their programs and activities.

- The following department has been designated to handle inquiries regarding Humana's non-discrimination policies: Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618, **877-320-1235 (TTY: 711)**.

Auxiliary aids and services, free of charge, are available to you. 877-320-1235 (TTY: 711)

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

This information is available for free in other languages. Please call our customer service number at 877-320-1235 (TTY: 711). Hours of operation: 8 a.m. – 8 p.m. Eastern time.

Español (Spanish): Llame al número indicado para recibir servicios gratuitos de asistencia lingüística. **877-320-1235 (TTY: 711)**. Horas de operación: 8 a.m. a 8 p.m. hora del este.

繁體中文 (Chinese): 本資訊也有其他語言版本可供免費索取。請致電客戶服務部：**877-320-1235 (聽障專線：711)**。辦公時間：東部時間上午 8 時至晚上 8 時。