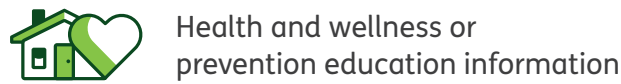




**Humana Neighborhood Center**  
9901 East Independence Blvd  
Matthews, NC 28105



PRESORTED  
STANDARD  
US POSTAGE  
**PAID**  
HUMANA INC.

# 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.



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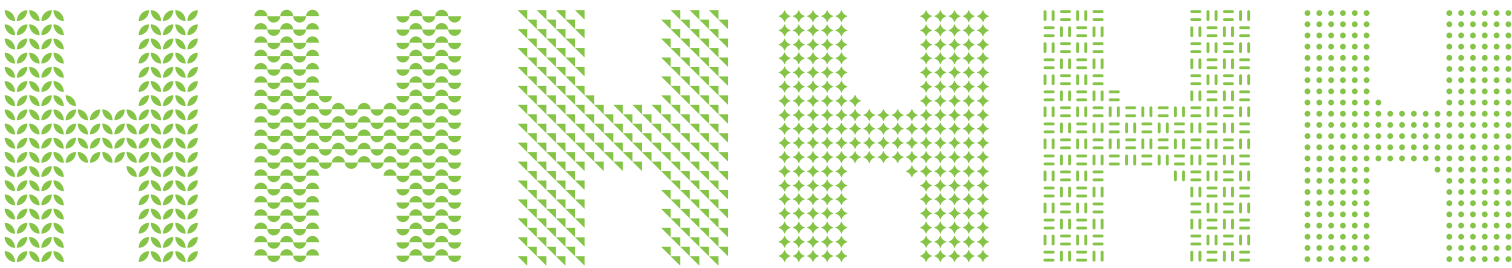
## Humana Neighborhood Center

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

Look inside to see our May events



**Matthews**  
9901 East Independence Blvd  
Matthews, NC 28105  
**980-262-6555 (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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**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. For accommodations of persons with special needs at meetings, call **859-486-2840 (TTY: 711)**.

**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)**。



May in-person events

Be sure to call to RSVP at **980-262-6555**.  
Class times and dates are subject to change.



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Monday – Friday, 9 a.m. – 4 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8 10 a.m. - 12 p.m. MIND Diet: Foods to fight dementia & Cooking demo 12:30 - 1:30 p.m. Fruit and veggie bingo	9 10 - 11:30 a.m. Find your feel great weight: Class 5 (RSVP) 11:30 a.m. - 1 p.m. Miscellaneous Craft Day	10
13	14	15	16	17
20	21	22	23	24 Center closing early at noon in observance of the holiday.
27 Happy Memorial Day! We are closed in observance of the holiday.	28	29	30	31



\*For Humana members with this benefit only.  
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