

## Featured events this February

Visit us online at [HumanaNeighborhoodCenter.com](https://www.humana.com/neighborhoodcenter) to see a full list of virtual activities and to RSVP for classes and other events.



### Matthews

9901 East Independence Blvd  
Matthews, NC 28105  
**980-262-6555 (TTY: 711)**  
Monday – Friday, 9 a.m. – 4 p.m.



## Featured events

### Carbs: Good or bad? & Cooking demo

**In person**  
**February 8 | 10 a.m. ET**

Carbohydrates aren't all created equally. Learn which carbs are healthy and which ones to limit. Then, watch a chef prepare a carb-healthy recipe.

### Battling the aging brain

**In person**  
**February 19 | 10 a.m. ET**

The brain is one of the most complex organs in the human body. Learn how the brain works and ways to keep it healthy as you get older.

### Take care of your kidneys (Streamed)

**In person**  
**February 23 | 11 a.m. ET**

Kidney disease can be a challenging condition to manage. Learn how to keep your kidneys healthy and tools to prevent further kidney damage.

### Lunch and learn: Making the most of your doctor visits

**In person**  
**February 29 | 10 a.m. ET**

You and your healthcare providers are a team, and you are the most valuable player. Join us for a meal and find out how to get the most out of every doctor's visit. Then, test your preventive screenings knowledge with a fun, interactive game.

### Space is limited

Call your local Humana Neighborhood Center® at **980-262-6555** to RSVP for in-person events.

### Can't make it in person?

No problem. Register for our online events by visiting [HumanaNeighborhoodCenter.com](https://www.humana.com/neighborhoodcenter)

You can also watch classes on demand by visiting [HumanaNeighborhoodCenter.com/Video-Library](https://www.humana.com/neighborhoodcenter/video-library)

### SilverSneakers

Humana members with the SilverSneakers® benefit can access hundreds of classes and workout videos at no additional cost. Visit [www.SilverSneakers.com](https://www.SilverSneakers.com) to learn more.



**Meet one-on-one**—in person or over the phone—with a health educator or customer service representative. To schedule an appointment, call **980-262-6555 (TTY: 711)** or visit [HumanaNeighborhoodCenter.com](https://www.humana.com/neighborhoodcenter).



# Matthews in-person events this February

Call 980-262-6555 today to RSVP. Space is limited.

Monday	Tuesday	Wednesday	Thursday	Friday
			<p><b>1</b></p> <p><b>10 - 11 a.m.</b> Technology 101: Bring your questions!</p> <p><b>11 a.m. - 12 p.m.</b> Real people, real stories (streamed)</p>	<p><b>2</b></p>
<p><b>5</b></p>	<p><b>6</b></p> <p><b>10 a.m. - 12 p.m.</b> Living well with diabetes: Week 1</p>	<p><b>7</b></p> <p><b>11 a.m. - 12 p.m.</b> Ask an Agent: What's new for my plan in 2024?*</p> <p><b>1 - 3 p.m.</b> Movie and popcorn: Dreamin' Wild (2023)</p>	<p><b>8</b></p> <p><b>10 - 11 a.m.</b> Carbs: Good or bad?</p> <p><b>11 a.m. - 12 p.m.</b> Healthy Cooking demo: Carb healthy recipe</p>	<p><b>9</b></p> <p><b>10 a.m. - 12 p.m.</b> Supermarket tour</p> <p><b>11 a.m.- 12 p.m.</b> Game Hour: Quirkle</p>
<p><b>12</b></p> <p><b>10 - 11 a.m.</b> Better Bladder Control</p> <p><b>11 a.m. - 12 p.m.</b> Superbowl commerical watch party!</p>	<p><b>13</b></p> <p><b>10 a.m. - 12 p.m.</b> Living well with diabetes: Week 2</p> <p><b>1 - 2 p.m.</b> MyHumana 1x1 appointments: Learn how to use the Humana webiste.</p>	<p><b>14</b></p> <p><b>11 a.m. - 12 p.m.</b> Happy Valentine's day: Wear red and Invite a friend!</p> <p><b>1 - 3:30 p.m.</b> Movie and popcorn: Transformers: Rise of the Beasts (2023)</p>	<p><b>15</b></p> <p><b>10 - 11:30 a.m.</b> Find your feel great weight: Class 2 (RSVP)</p> <p><b>11:30 a.m. - 12:30 p.m.</b> Monthly Meal Plan Club</p>	<p><b>16</b></p>
<p><b>19</b></p> <p><b>10 - 11 a.m.</b> Battling the aging brain</p> <p><b>11:30 - 12:30 p.m.</b> Music Bingo: Valentine's edition!</p>	<p><b>20</b></p> <p><b>10 a.m. - 12 p.m.</b> Living well with diabetes: Week 3</p>	<p><b>21</b></p> <p><b>11:30 a.m. - 12:30 p.m.</b> Pickleball</p> <p><b>1 - 3:30 p.m.</b> Movie and popcorn: The Flash (2023)</p>	<p><b>22</b></p> <p><b>10 - 11 a.m.</b> Fruit and veggie bingo</p> <p><b>11 a.m. - 12:30 p.m.</b> Craft Corner: Faux stained glass rose painting</p>	<p><b>23</b></p> <p><b>11 a.m. - 12:30 p.m.</b> Take care of your kidneys (Streamed)</p>
<p><b>26</b></p> <p><b>11 a.m. - 12 p.m.</b> February Birthday party</p> <p><b>12:30 - 1:30 p.m.</b> Mini Golf Social!</p>	<p><b>27</b></p> <p><b>10 a.m. - 12 p.m.</b> Living well with diabetes: Week 4</p> <p><b>12:30 - 1:30 p.m.</b> Humana Neighborhood Center Tour: Bring a friend!</p>	<p><b>28</b></p> <p><b>11:30 a.m. - 12:30 p.m.</b> Medicare 101: Take a guided tour and introduction of Medicare</p> <p><b>1 - 3 p.m.</b> Movie and popcorn: Jules (2023)</p>	<p><b>29</b></p> <p><b>10 - 11:30 a.m.</b> Lunch and learn: Making the most of your doctor visits</p>	

## Weekly recurring events

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
		<p><b>10 - 10:45 a.m.</b> SilverSneakers®*</p>		

All product names, logos, brands and trademarks are property of their respective owners, and any use does not imply endorsement.

For accommodations of persons with special needs at meetings, call 980-262-6555 (TTY: 711).

\*For Humana members with this benefit only.

\*\*North Carolina State Health Plan (NCSHP) members only.