

## Featured events this March

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



### Daytona Beach

1500 Beville Rd, Suite 405  
Daytona Beach, FL 32114  
**386-663-1420**  
Monday – Friday, 9 a.m. – 5 p.m.



## Featured events

### High cholesterol: Help reduce your risk

**In person**  
March 21 | 11 a.m. ET

Having too much cholesterol in your blood may cause serious health problems. Find out ways to help get cholesterol levels within a healthy range – and keep them there.

### Get the facts about fats & Cooking demo

**In person**  
March 9 | 10 a.m. ET

Fat has a bad reputation, but not all fats are bad. Find out which fats you may want to avoid and which you may want to keep. Then, watch a chef prepare a recipe with healthy fats.

### Empowered Relief™ \*For Humana Members Only

**In person**  
March 27 | 10:30 a.m. ET

Chronic pain can take a physical and emotional toll. Join us for this evidence-based program to learn ways to help manage pain and improve well-being.

### Meal planning: Less stress at home

**In person**  
March 23 | 10 a.m. ET

Planning and preparing meals can often be a daunting task. Join us to learn how to get organized, save time and eat well with your meals at home.

### Space is limited

Call your local Humana Neighborhood Center® at **386-663-1420** 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.humananeighborhoodcenter.com).

You can also watch classes on demand by visiting [HumanaNeighborhoodCenter.com/Video-Library](https://www.humananeighborhoodcenter.com/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 **386-663-1420 (TTY: 711)** or visit [HumanaNeighborhoodCenter.com](https://www.humananeighborhoodcenter.com).



# Daytona Beach in-person events this March

Call 386-663-1420 today to RSVP. Space is limited.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:30 - 11:15 a.m. SilverSneakers Classic*	2 10 - 11:30 a.m. Card games & coffee	3 1 - 3 p.m. Movie & popcorn: Max (2015)
6 10:30 - 11:15 a.m. SilverSneakers Classic*	7 10 - 11:30 a.m. Card games & coffee	8 10:30 - 11:15 a.m. SilverSneakers Classic*	9 10 - 11 a.m. Get the facts about fat 11 a.m. - 12 p.m. Healthy cooking demo	10 1 - 3 p.m. Movie & popcorn: Mirror Mirror (2012)
13 10:30 - 11:15 a.m. SilverSneakers Classic* 11:30 a.m. - 12 p.m. Tech talk: Virtual visits with your doctor (streamed)	14 10 - 11 a.m. Craft: St. Patrick's 11 - 11:30 a.m. Real people, real stories (streamed)	15 10:30 - 11:15 a.m. SilverSneakers Classic*	16 10 - 11:30 a.m. Card games & coffee	17 1 - 3 p.m. Movie & popcorn: The Longest Ride (2015)
20 10:30 - 11:15 a.m. SilverSneakers Classic* 11:30 a.m. - 12 p.m. Meditation moment: Chronic pain mindfulness (streamed)	21 11 a.m. - 12 p.m. High cholesterol: Help reduce your risk	22 10:30 - 11:15 a.m. SilverSneakers Classic*	23 12 - 3 p.m. Open house (RSVP) 12 - 1 p.m. Member orientation* & Ask an agent* 1 - 2 p.m. Your guide to Go365* 2 - 3 p.m. Your SilverSneakers benefit*	24 1 - 3 p.m. Movie & popcorn: Nanny McPhee Returns (2010)
27 10:30 a.m. - 12:30 p.m. Empowered Relief™*	28 10:30 - 11:30 a.m. Meal planning: Less stress at home 11:30 a.m. - 12:30 p.m. Birthday social	29 10:30 - 11:15 a.m. SilverSneakers Classic*	30 10 - 11:30 a.m. Card games & coffee	31 1 - 3 p.m. Movie & popcorn: Knight and Day (2010)

## WEEKLY RECURRING EVENTS

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
10:30 - 11:15 a.m. SilverSneakers Classic* (except 3/27)		10:30 - 11:15 a.m. SilverSneakers Classic*		1 - 3 p.m. Movie & popcorn

For accommodations of persons with special needs at meetings call, 386-663-1420 (TTY: 711).

\* Humana Medicare Advantage members only.