



Let's talk health

The support you need for all aspects of your health—physical, mental and emotional—may be closer than you think. In fact, more support might be available right in your neighborhood. We want to help you address your whole-person health needs so you can live your life the way you want. You don't have to be a Humana member to participate. All are welcome.



Here's what we've got planned

Mental wellness: A key to wellbeing & Medicines explained

Thursday, November 14 | 2 - 3:30 p.m.
Learn ideas for managing anxiety and depression, and simple steps that may help you feel better. Then, watch a pharmacist answer some commonly asked questions.

Craft: Rock painting

Thursday, November 14 | 3:30 - 4:30 p.m.
Rock painting is a way of being creative by expressing yourself with art. The simple act of applying paint to rock to create art is something as old as time.



To reserve your spot or find out more, go to delraylibrary.org or call **561-359-6100**.



Join us

Delray Beach Public Library
100 W. Atlantic Avenue
Delray Beach, FL 33444

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Save the date for fun

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Here's what we've got planned

Foods to balance blood sugar & Diabetes bingo

Wednesday, Nov. 20 | 11 a.m. - 12:30 p.m.

A balanced diet is important when dealing with prediabetes. Join us to learn how to balance your plate to help keep blood sugar levels in range and help slow the progression of diabetes. Refreshments provided.



To reserve your spot or find out more, call **Rosa** at **(561) 485-1000 ext. 290**.



Join us

**Delray Medical and Dental
Senior Activity Center,
4765 W. Atlantic Avenue
Delray Beach, FL 33455**

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For accommodations of persons with special needs at meetings, call **502-479-6585 (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。