



## 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

#### **Stay on Beat: Tips to Keep Your Heart Healthy**

*Tuesday, November 5th / 10 a.m.*

Keeping your heart healthy is key to living an active life. Learn from health educator, Jill Davis about how heart disease and high cholesterol can be managed with small changes that make a big difference.



To reserve your spot or find out more, call (336) 547-2701.

**Leave a voicemail with your name/phone number and the class you're planning to attend.**



### Join us

**Garden of Eden Senior Center  
508 Orchard Drive  
Eden, NC 27288**

# Humana®

Y0040\_GHHKXVYES\_C



## 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

#### **Stay on Beat: Tips to Keep Your Heart Healthy**

Wednesday, November 13th | 1:30 p.m.

Keeping your heart healthy is key to living an active life. Learn from health educator, Jill Davis about how heart disease and high cholesterol can be managed with small changes that make a big difference.



To reserve your spot or find out more, call (336) 513-9647.

**Leave a voicemail with your name/phone number and the class you're planning to attend.**



### Join us

**Dedicated Senior Medical Center  
378 Harden St.  
Burlington, NC 27215**

# Humana®

Y0040\_GHHKXVYES\_C





## 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

#### **Stay on Beat: Tips to Keep Your Heart Healthy**

Wednesday, November 20th | 11 am

Keeping your heart healthy is key to living an active life. Learn from health educator, Jill Davis about how heart disease and high cholesterol can be managed with small changes that make a big difference.



To reserve your spot or find out more, call (336) 513-9647.

**Leave a voicemail with your name/phone number and the class you're planning to attend.**



### Join us

**Dedicated Senior Medical Center  
2703 W. Gate City Blvd., Suite J  
Greensboro, NC 27403**

# Humana®

Y0040\_GHHKXVYES\_C