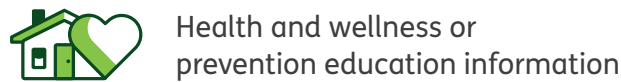




Humana Neighborhood Center
1918 Hikes Lane
Louisville, KY 40218



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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

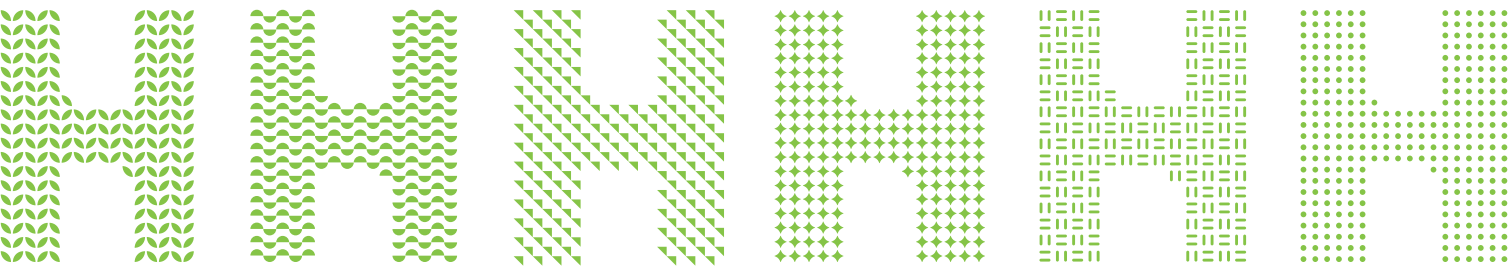


Stop by your local Humana Neighborhood Center for health education and fun

Look inside to see our May events



Louisville
1918 Hikes Lane
Suite 101
Louisville, KY 40218
502-479-6580 (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)**。

Louisville

May in-person events

Be sure to call to RSVP at **502-479-6580**.
Class times and dates are subject to change.



1918 Hikes Lane
Suite 101
Louisville, KY 40218
502-479-6580 (TTY: 711)
Monday – Friday, 9 a.m. – 4 p.m.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| | | 1 9:15 - 10 a.m. SilverSneakers® Circuit * 10:05 - 10:50 a.m. SilverSneakers® Strength and Balance* | 2 10 - 10:45 a.m. SilverSneakers® Classic* | 3 10 - 10:45 a.m. SilverSneakers® Classic* 11 a.m. - 12 p.m. Intermediate Pickleball 12 - 1 p.m. Craft Corner: Derby hats 1 - 3 p.m. Movie and Popcorn: The Shawshank Redemption(1994) |
| 6 1 - 2 p.m. Gratitude Workshop Community Event: 2:30 p.m. SilverSneakers® Ener-Chi* at Centerwell Outer Loop | 7 12 - 12:45 p.m. SilverSneakers® Cardio Strength * 12:55 - 1:40 p.m. SilverSneakers® Chair Yoga* Community Event: 11 a.m. The aging brain at Centerwell Outer Loop | 8 9:15 - 10 a.m. SilverSneakers® Circuit * 10:05 - 10:50 a.m. SilverSneakers® Strength and Balance* 11 a.m. - 12 p.m. Wordle Wednesday | 9 10 - 10:45 a.m. SilverSneakers® Classic* 11 a.m. - 12 p.m. Protect yourself from scams 12 - 2 p.m. Birthday celebration and card games | 10 10 - 10:45 a.m. SilverSneakers® Classic* 11 a.m. - 12 p.m. Intermediate Pickleball 1 - 3 p.m. Movie and Popcorn: On Golden Pond(1981) |
| 13 10 a.m.- 12 p.m. MIND DIet: Foods to fight dementia & cooking demo Community Event: 2:30 p.m. SilverSneakers® Ener-Chi* at Centerwell Outer Loop | 14 12 - 12:45 p.m. SilverSneakers® Cardio Strength * 12:55 - 1:40 p.m. SilverSneakers® Chair Yoga* | 15 9:15 - 10 a.m. SilverSneakers® Circuit * 10:05 - 10:50 a.m. SilverSneakers® Strength and Balance* | 16 10 - 10:45 a.m. SilverSneakers® Classic* | 17 10 - 10:45 a.m. SilverSneakers® Classic* |
| 20 Community Event: 2:30 p.m. SilverSneakers® Ener-Chi* at Centerwell Outer Loop | 21 | 22 | 23 Community Event: 2 p.m. Craft Corner: Stained Glass at Centerwell Outer Loop | 24 |
| 27 | 28 | 29 | 30 | 31 |



*For Humana members with this benefit only.
For accommodations of persons with special needs at
meetings, call **502-479-6580 (TTY: 711)**.