

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.



Raleigh

4430 Fayetteville Rd
Raleigh, NC 27603
919-664-1755 (TTY: 711)
Monday – Friday, 9:00 a.m. – 4:00 p.m.



Featured events

Carbs: Good or bad? & Cooking demo

In person
February 1 | 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.

Lunch and Learn: Making the Most out of Your Doctor Visits

In person
February 14 | 12 p.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.

Take care of your kidneys (Streamed)

In person
February 21 | 1 p.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.

Medicare 101: Take a guided tour and introduction of Medicare

In person
February 22 | 11:30 a.m. ET

Take a guided tour and introduction of Medicare. The presentation will cover eligibility, costs and options to consider when selecting coverage.

Space is limited

Call your local Humana Neighborhood Center® at **919-664-1755** 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 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 **919-664-1755 (TTY: 711)** or visit [HumanaNeighborhoodCenter.com](https://www.humana.com/neighborhoodcenter).



Raleigh in-person events this February

Call 919-664-1755 today to RSVP. Space is limited.

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>10 - 11 a.m. Carbs: Good or Bad?</p> <p>11 a.m. - 12 p.m. Healthy Carbs Cooking Demo: Card healthy recipe</p> <p>1 - 3 p.m. Living Well with Diabetes Series: Week 1</p>	<p>2</p> <p>11 a.m. - 12 p.m. Game hour: Come play board and card games with friends!</p>
<p>5</p>	<p>6</p> <p>10 - 11 a.m. Battling the aging brain</p> <p>11 a.m. - 12 p.m. Technology 101: Bring your questions!</p>	<p>7</p> <p>11 a.m. - 1:30 p.m. Movie and popcorn: Transformers: Rise of the Beasts (2023)</p>	<p>8</p> <p>1 - 3 p.m. Living Well with Diabetes Series: Week 2</p>	<p>9</p> <p>11 a.m. - 12 p.m. Game hour: Come play board and card games with friends!</p> <p>12 - 1 p.m. Super Bowl party: Invite a friend and Join us!</p>
<p>12</p> <p>11 a.m. - 12 p.m. Valentine's Social: Music Bingo!</p>	<p>13</p> <p>10:30 - 11:30 a.m. Fruit and veggie bingo</p> <p>12 - 1 p.m. MyHumana 1x1 appointments: Learn how to use the Humana website</p>	<p>14</p> <p>10:30 - 11:30 a.m. Humana Neighborhood Center Tour: Bring a friend!</p> <p>12 p.m. - 1:30 p.m. Lunch and Learn: Making the Most out of Your Doctor Visits</p>	<p>15</p> <p>11 a.m. - 12 p.m. Book Club: Walk in the Woods by Bill Bryson</p> <p>1 - 3 p.m. Living Well with Diabetes Series: Week 3</p>	<p>16</p> <p>11 a.m. - 12 p.m. Game hour: Come play board and card games with friends!</p>
<p>19</p> <p>11 a.m. - 12 p.m. Mini golf social!</p>	<p>20</p> <p>11 a.m. - 12 p.m. Craft corner: Valentine's Day tie-dye tote bag</p>	<p>21</p> <p>11 a.m. - 1 p.m. Movie and popcorn: Jules (2023)</p> <p>1 - 2:30 p.m. Take care of your kidneys (Streamed)</p>	<p>22</p> <p>11:30 a.m. - 12:30 p.m. Medicare 101: Take a guided tour and introduction of Med</p> <p>1 - 3 p.m. Living Well with Diabetes Series: Week 4</p>	<p>23</p> <p>11 a.m. - 12 p.m. Game hour: Come play board and card games with friends!</p>
<p>26</p> <p>11 a.m. - 12 p.m. Learn how to Crochet: Call to learn more! (space limited)</p> <p>12:30 - 1:30 p.m. February birthday celebration</p>	<p>27</p> <p>10 - 11 a.m. Crocheting for charity: Call to learn more!</p> <p>11 - 11:30 a.m. Real people, real stories (streamed)</p> <p>11:30 a.m. - 12:30 p.m. Ask an Agent: What's new for my plan in 2024?*</p>	<p>28</p> <p>11 a.m. - 1:30 p.m. Movie and popcorn: The Flash (2023)</p>	<p>29</p> <p>10 a.m. - 11:30 a.m. Find Your Feel Great Weight: Class 2 (RSVP)</p> <p>12 - 1 p.m. Get to Know Your Medicines</p>	

Weekly recurring events

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>9:30 - 10:30 a.m. SilverSneakers® Strength and Balance*</p>		<p>9:30 - 10:30 a.m. SilverSneakers® Strength and Balance*</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 919-664-1755 (TTY: 711).

*For Humana members with this benefit only.

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