

**FEBRUARY 2024**

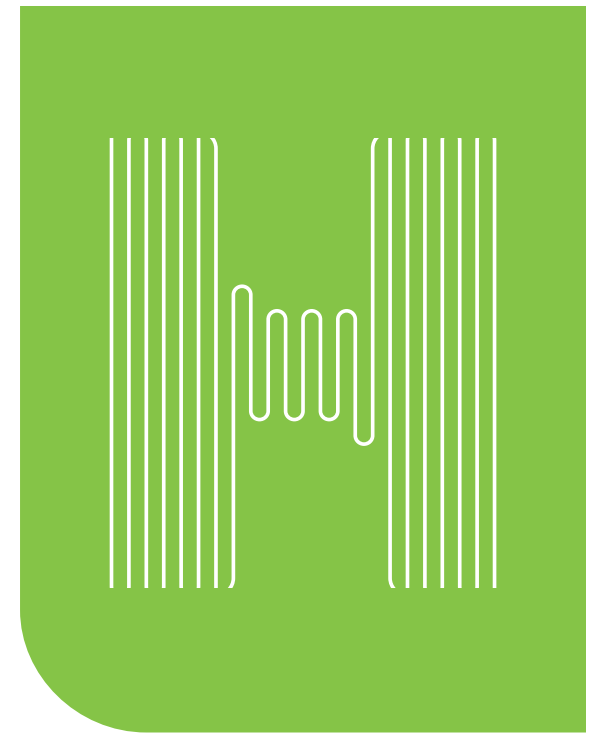
# Strive for a healthy routine. How can we help?

Your local Humana Neighborhood Center® is ready to help you. We are offering in-person classes, online events and one-on-one appointments with a licensed Humana sales agent and Customer Care specialist. Call us today, visit us online, or RSVP to stop by in person to learn more.



**Space is limited.** Reserve your spot today.  
Call 561-682-1127 (TTY: 711).

[View our local calendar: Humana.com/WestPalmBeachCommunity](https://www.humana.com/WestPalmBeachCommunity)



## Health and wellness classes

### EVERY TUESDAY IN FEBRUARY

1:15 - 2 p.m.

**SilverSneakers® Strength & Balance\***

### MONDAY, FEB. 5

10:30 - 11:30 a.m.

**How to create a healthy plate**

### LUNES, FEBRERO 13

10:30 - 11:30 a.m.

**Cómo crear un plato saludable**

### EVERY WEDNESDAY IN FEBRUARY

12:15 - 1 p.m.

**SilverSneakers® Enerchi\***

### WEDNESDAY FEB. 14

10:30 a.m. - 12 p.m.

**Take care of your kidneys**

### MIÉRCOLES, FEBRERO 21

10:30 a.m. - 12 p.m.

**Cuide sus riñones**

### EVERY THURSDAY IN FEBRUARY

1:15 - 2 p.m.

**SilverSneakers® Cardio & Strength\***

### MONDAY, FEB. 19

10:30 - 11:30 a.m.

**Battling the aging brain**

### LUNES, FEBRERO 26

10:30 - 11:30 a.m.

**Cómo combatir el envejecimiento del cerebro**

## Additional activities

### FRIDAY, FEB. 2

12 - 1 p.m.

**Spring cleaning workshop (RSVP)**

### FRIDAY, FEB. 9

11:30 a.m. - 12:30 p.m.

**Bingo**

### THURSDAY, FEB. 15

2:30 - 4 p.m.

**Valentine's party (RSVP)**

### FRIDAY, FEB. 16

1 - 3 p.m.

**Movie & popcorn**

### FRIDAY, FEB. 23

11:30 a.m. - 12:30 p.m.

**Bingo**

### WEDNESDAY FEB. 28

10 - 11 a.m.

**Veterans coffee social**

## For your health and comfort, we have developed several ways you can participate



**In person:** Please call in advance to RSVP. Space is limited.



**Virtual:** Enjoy informative and fun events from the comfort and safety of your home. Instructions for registering for online classes are below.



**Class handouts:** Request a handout so you can learn when it's convenient for you.



**SilverSneakers®:** Humana members can visit [www.SilverSneakers.com](http://www.SilverSneakers.com) for at-home resources to help you stay active and connected.\*

\* For Humana members with this benefit only

## Can't make it in person?

Attend a live online class at [HumanaNeighborhoodCenter.com](https://www.HumanaNeighborhoodCenter.com).

## Check out our on-demand video library

Watch the latest Humana Neighborhood Center online classes anytime, anywhere.



### West Palm Beach

4352 Forest Hill Blvd., | West Palm Beach, FL 33406-5718  
561-682-1127 | Monday - Friday, 9 a.m. - 5 p.m.

**Humana**

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Class times and dates are subject to change.

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 **561-682-1127 (TTY: 711)**.

## Important

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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.

- 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。