

APRIL 2024

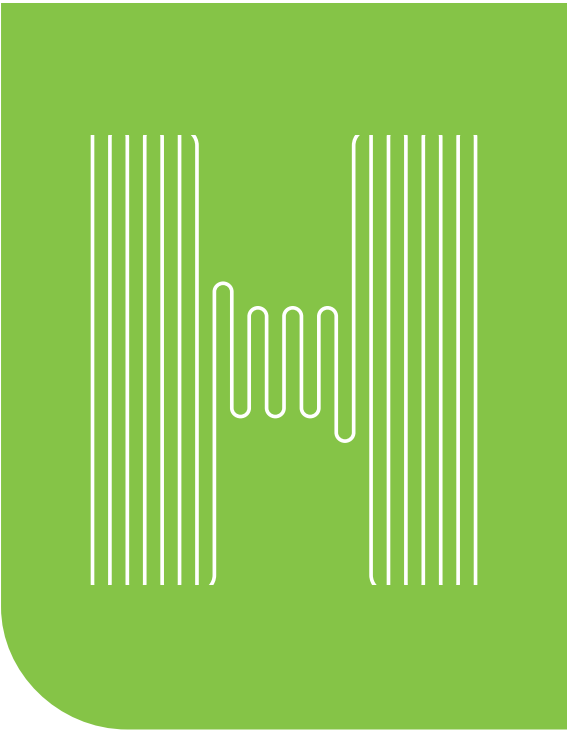
Strive for a healthy routine.

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 APRIL 1:15 - 2 p.m. SilverSneakers® Strength & Balance*	EVERY WEDNESDAY IN APRIL 12:15 - 1 p.m. SilverSneakers® Enerchi*	EVERY THURSDAY IN APRIL 1:15 - 2 p.m. SilverSneakers® Cardio & Strength*
MONDAY, APRIL 8 10:30 - 11:30 a.m. Leaving a legacy	WEDNESDAY, APRIL 10 10:30 a.m. - 12 p.m. Building stronger bones	MONDAY, APRIL 22 10:30 - 11:30 a.m. Eating well when dining out
LUNES, ABRIL 15 10:30 - 11:30 a.m. Dejar un legado	MIÉRCOLES, ABRIL 17 10:30 a.m. - 12 p.m. Formación de huesos más fuertes	LUNES, ABRIL 29 10:30 - 11:30 a.m. Comer bien cuando cena afuera

Additional activities

FRIDAY, APRIL 12 11:30 a.m. - 12:30 p.m. Bingo	FRIDAY APRIL 19 1 - 3 p.m. Movie & popcorn	WEDNESDAY, APRIL 24 10 - 11 a.m. Veterans coffee social	FRIDAY, APRIL 26 11:30 a.m. - 12:30 p.m. Bingo
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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 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. – 4 p.m.



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 ---

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。