




Humana Neighborhood Center
1045 Hanes Mall Blvd
Winston Salem, NC 27103

 Health and wellness or
prevention education information

PRESORTED
STANDARD
US POSTAGE
PAID
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

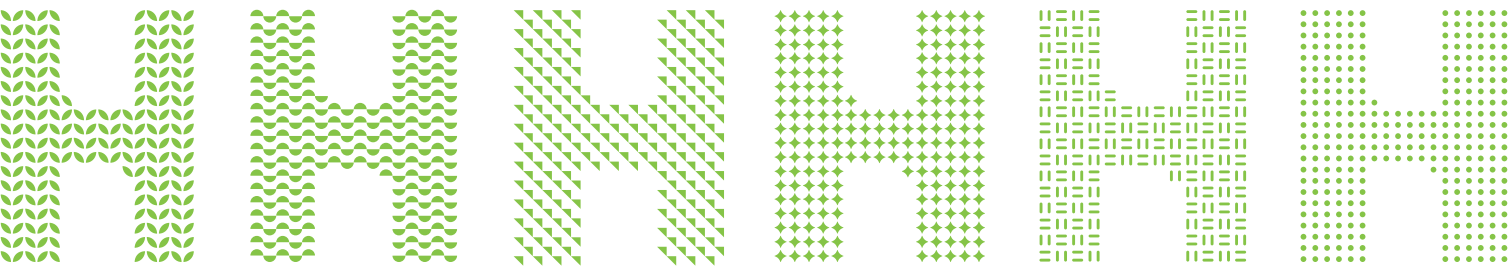


Stop by your local Humana
Neighborhood Center for
health education and fun

Look inside to see our May events



Winston Salem
1045 Hanes Mall Blvd
Winston Salem, NC 27103
336-293-0122 (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)**。

May in-person events

Be sure to call to RSVP at **336-293-0122**.
Class times and dates are subject to change.



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336-293-0122 (TTY: 711)
Monday – Friday, 9 a.m. – 4 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
		<div>1</div> <div>10 - 11:30 a.m. Find your feel great weight: Class 5 (RSVP)</div> <div>1 - 2:30 p.m. Harmonicas for Health: Week 4</div>	<div>2</div>	<div>3</div>
<div>6</div>	<div>7</div> <div>10 - 10:45 a.m. SilverSneakers® Classic*</div> <div>11:30 a.m. - 12:30 p.m. Fruit and veggie bingo</div> <div>1 - 3 p.m. Movie and popcorn: The Old Way (2023)</div>	<div>8</div>	<div>9</div>	<div>10</div>
<div>13</div>	<div>14</div> <div>10 a.m. - 12 p.m. MIND Diet: Foods to Fight Dementia & Cooking Demo</div> <div>1 - 3 p.m. Movie and popcorn: The Boys in the Boat (2023)</div>	<div>15</div>	<div>16</div>	<div>17</div>
<div>20</div>	<div>21</div> <div>10 - 10:45 a.m. SilverSneakers® Classic*</div> <div>11 a.m. - 12 p.m. May birthday celebration</div> <div>1 - 3 p.m. Movie and popcorn: Radical (2023)</div>	<div>22</div>	<div>23</div>	<div>24</div> <div>Center closing early at noon in observance of the holiday.</div>
<div>27</div> <div>Happy Memorial Day! We are closed in observance of the holiday.</div>	<div>28</div> <div>10 - 10:45 a.m. SilverSneakers® Classic*</div> <div>1 - 2 p.m. Movie and popcorn: Diana Ross: Supreme Sensation Documentary (2024)</div>	<div>29</div>	<div>30</div>	<div>31</div>



*For Humana members with this benefit only.
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