



 **Share with a friend!**
Everyone is welcome.

 **Join our classes online**
First, you must register.

1. [Click here](#) or visit Humana.com/VirtualWellness get started.
2. Find the class you wish to attend and register.
3. Complete registration and click "Submit."
4. You'll receive a confirmation email with instructions on how to access the class.

May 2020 calendar of events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 Superfoods Click here to join at 10 a.m. Eastern time. Click here to join at 3 p.m. Eastern time.	28 Battling the aging brain Click here to join at 10 a.m. Eastern time. Click here to join at 3 p.m. Eastern time.	29 Coming soon! A new class in development. Click here to join at 10 a.m. Eastern time. Click here to join at 3 p.m. Eastern time.	30 The truth about carbs Click here to join at 10 a.m. Eastern time. Click here to join at 3 p.m. Eastern time.	1 Technology 101 Click here to join at 10 a.m. Eastern time. Click here to join at 3 p.m. Eastern time.
4 5 steps for advance care planning Click here to join at 1 p.m. Eastern time.	5 The aging brain: What's normal, what's not Click here to join at 10 a.m. Eastern time. Give your brain a boost Click here to join at 3 p.m. Eastern time.	6 Decluttering your home Click here to join at 3 p.m. Eastern time. Meditation hour: Stress relief Click here to join at 6 p.m. Eastern time.	7 Skincare for seniors Click here to join at 10 a.m. Eastern time. Click here to join at 3 p.m. Eastern time.	8 Travel around the world at home: Italy Click here to join at 1 p.m. Eastern time.
11 Happy hearts: Managing your heart health Click here to join at 1 p.m. Eastern time.	12 Trivia game: 1950s–1980s Click here to join at 10 a.m. Eastern time. Click here to join at 3 p.m. Eastern time.	13 A how-to guide for staying social with chat apps Click here to join at 3 p.m. Eastern time. Meditation hour: Calmness Click here to join at 6 p.m. Eastern time.	14 Intermittent fasting: Can it help you age better? Click here to join at 10 a.m. Eastern time. Click here to join at 3 p.m. Eastern time.	15 Travel around the world at home: Greece Click here to join at 1 p.m. Eastern time.
18 Thyroid disorders: Signs and solutions Click here to join at 1 p.m. Eastern time.	19 Brain teasers: Test your smarts Click here to join at 10 a.m. Eastern time. Click here to join at 3 p.m. Eastern time.	20 Foods to boost your immune system Click here to join at 3 p.m. Eastern time. Meditation hour: Deep breathing Click here to join at 6 p.m. Eastern time.	21 Get smart about food labels Click here to join at 10 a.m. Eastern time. Click here to join at 3 p.m. Eastern time.	22 Travel around the world at home: France Click here to join at 1 p.m. Eastern time.
25 Memorial Day	26 Trivia: Name that movie Click here to join at 10 a.m. Eastern time. Click here to join at 3 p.m. Eastern time.	27 Decompress from stress Click here to join at 3 p.m. Eastern time. Meditation hour: Reflection Click here to join at 6 p.m. Eastern time.	28 Emotional eating: How to kick the habit Click here to join at 10 a.m. Eastern time. Click here to join at 3 p.m. Eastern time.	29 Managing your emotions during COVID-19 Click here to join at 1 p.m. Eastern time.

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FILE PREPARED BY HUMANA'S INTERNAL CREATIVE SERVICES PROOF REVIEW FOR JOB: 400958_GCHKRYEN_BMCal_11x17_4C			
THE HIVE – CREATIVE SERVICES	MP: Ellie DeVries	COLOR: RGB	Humana – Digital
FILE NAME: 400958_GCHKRYEN_BMCal_11x17_4C	LOB: HNC	SIZE: 11x17	PROOF ROUND
DATE: APRIL 17, 2020 2:44 PM	AGENCY TEAM ASSIGNED	OUTPUT: Email/Web/Etc.	R2
JOB ID: May Interactive Calendar	DS: Shayna		
SJR	PA: Alex		
	AE: Craig		

ALL PROJECTS HAVE THREE STANDARD ROUNDS: 1ST-REQUESTOR, 2ND-STAKEHOLDERS, 3RD-CORPORATE REVIEW | FINAL-SIGN-OFF FROM REQUESTOR

120/190/32 74/119/41 175/0/97 200/200/200 83/87/90 00/48/87 97/33/102 00/116/129 102/187/196 225/198/0 251/83/115