

This month at

Your Austin Guidance Center



Protect Your Money

Don't be a victim of cons, frauds, or identity theft!
Your Humana Guidance Center wants to make sure you know how to protect your money and yourself.

Protecting Your Money from Cons, Frauds, and ID Theft – Learn how to protect your identity; how to recognize common cons and frauds; and what to do if you think you've been victimized. This session is offered to you at no cost.

[Event1-Day]
[Event1-Time]

Call (512) 808-2820, (TTY: 711) for more information and ask for a calendar with the center's monthly events.



Your Austin Guidance Center is here to help you live a healthier, happier life through fitness classes, health and wellness seminars, social activities, and more, – at no cost to you!

→ Click for your calendar

Your Austin Guidance Center

10710 Research Blvd., Ste. 120
Austin, TX 78759
(512) 808-2820, (TTY: 711)

Open Monday through Friday
9 am to 5 pm
[Humana.com/GuidanceCenter](#)
Customer service available daily.



These Events Occur EVERY WEEK at Your Local Guidance Center

EVERY MONDAY:

9 to 11 am
Coffee & Cards
1:15 to 2:15 pm
Zumba Gold®
2 to 3 pm
Walking Group
(North Cross Mall)

EVERY TUESDAY:

9 to 10 am
Capital City Classics:
Breakfast and Austin
Basics
1:45 to 2:45 pm
*SilverSneakers® Classic

EVERY WEDNESDAY:

9 to 10:30 am
Journaling Quiet Time
10:30 to 11:30 am
*SilverSneakers®
Yoga Stretch
12:15 to 1:15 pm
Zumba Gold®
2 to 3 pm
Walking Group
(North Cross Mall)

EVERY THURSDAY:

9 to 10 am
Tea and Tunes
12 to 1 pm
*SilverSneakers® Classic
1 to 2 pm
Tai Chi

EVERY FRIDAY:

9 to 11 am
Book Club: New York
Times Best Sellers
10:30 to 11:30 am
Chair Pilates

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Humana
500 West Main Street
Louisville, KY 40202

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