Subject: Test HTML - See what is happening at your local Guidance Center!
Date: Wednesday, January 28, 2015 at 12:05:09 PM Eastern Standard Time
From: Humana
To: GC Wax Test

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This month at
Your Kissimmee Guidance Center

Get Pumped About Heart Health

It's heart health month! Your Humana Guidance Center is here to help you take steps to a healthier heart and a healthier you.

Healthy U: Healthy Heart – Learn how to care for your most important muscle: your heart. This session is offered to you at no cost.

Wednesday, February 18
11 am to 12 pm

Call (407) 932-5340 (TTY: **711**) for more information and ask for a calendar with the center's monthly events.

Your Kissimmee 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

Humana.

These Events Occur EVERY WEEK at Your Local Guidance Center

EVERY MONDAY:
10 to 11 am
*SilverSneakers®
Cardio & Strength
12:30 to 1:30 pm
Zumba Gold®
1:30 to 2 pm
Coffee Gathering
2 to 3 pm
*SilverSneakers®
Yoga Stretch

EVERY TUESDAY:
2 to 4 pm
Movie & Popcorn:
Oscar Favorites

EVERY WEDNESDAY:
9 to 10:30 am
Charity Crafting: Knitting
& Crocheting for a Cause
[illegible] 2 pm
*SilverSneakers® Classic
2 to 3 pm
*SilverSneakers®
Yoga Stretch
3 to 4 pm
Coffee Gathering

EVERY THURSDAY:
11:30 am to 12:30 pm
*SilverSneakers®
Cardio & Strength
12:30 to 1:30 pm
Zumba Gold®

EVERY FRIDAY:
10 to 11 am
*SilverSneakers®
Cardio & Strength
12:30 to 1:30 pm
Tai Chi
1:30 to 2 pm
Coffee Gathering
2 to 4 pm
Wii™ Bowling

Your Kissimmee Guidance Center
3189 W. Vine St.
Kissimmee, FL 34741

(407) 932-5340 , (TTY: **711**)
Humana.com/GuidanceCenter

%%OPEN_DAYS%%
%%OPEN_HOURS%%

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