

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.



Humana.

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

Please do not reply to this email; although we'd love to hear from you, this email box is not monitored. For questions about your health plan, please contact the Customer Care number on the back of your Humana ID card (TTY: 711).

If you don't want us to contact you by email, you can [unsubscribe](#) from our online community. For more information about Humana coverage or the company providing these benefits, please visit [Humana.com](#).

Humana is a Medicare Advantage organization with a Medicare contract. Enrollment in a Humana plan depends on contract renewal. Medicare supplement insurance plans are not connected with or endorsed by the U.S. government or the federal Medicare program. The program(s) and services(s) described is/are not insurance and is/are neither contractually offered nor guaranteed under Humana Medicare Supplement insurance policies. They may be provided by a third party, discontinued at any time, and are subject to geographic availability. Limitations, terms, and conditions may apply. Policy Form Series MES, MESM10, MESH, MESRD, or state equivalent.

This information is provided for educational purposes only. It is not to be used for medical advice, diagnosis, or treatment. Consult your doctor if you have questions or concerns.

Humana
500 West Main Street
Louisville, KY 40202

Y0040_FORMNUMBER

[Legal](#) | [Privacy Practices](#) | [Internet Privacy Statement](#) | Copyright © 2015 Humana Inc.

file:///Users/PaulSizemore/Dropbox/_Active-Projects/Wax/Email...0Your%20Money%20from%20Cons%20Frauds%20and%20ID%20Theft.html

Page 1 of 1