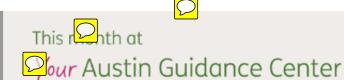
Special Events Template 1/21/15, 1:25 AM





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.

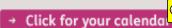
Protecting Your Money from Cons, Frauds, and **ID Theft** – Learn how to protect your identity; how to recognize common cons and frauds; and what to do if you think you've been victimized. This session is offered to you at no cost.

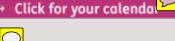
[Event1-Day] [Event1-Time]



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 sem s, social activities, and more, – at no cost to you!





Austin Guidance Center

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

Open Monday through Friday 9 am to 5 pm Humana.com/GuidanceCente

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 Gold⁶

2 to 3 pm

Walking Group (North Cross Mall)

EVERY TUESDAY:

9 to 10 am

Capital City Classics: Breakfast and Austin

1:45 to 2:45 pm *SilverSneakers* Classic

EVERY WESTESDAY:

9 to 10:30 am

Journaling Quiet Time 10:30 to 11:30 am

'SilverSneakers^e

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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Louisville, KY 40202

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