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

From: Humana GC Wax Test To:

This message contains graphics. If you do not see the graphics, click here to view.

## 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 WEDNESDAY:

#### **EVERY MONDAY:**

10 to 11 am 'SilverSneakers® Cardio & Strength

12:30 to 1:30 pm Zumba Gold<sup>e</sup>

1:30 to 2 pm Coffee Gathering 2 to 3 pm 'SilverSneakers'

Yaga Stretch

**EVERY TUESDAY:** 

2 to 4 pm Movie & Popcorn: 9 to 10:30 am Charity Crafting: Knitting Oscar Favorites

rocheting for a Cause p 2 pm SilverSneakers® Classic

2 to 3 pm \*SilverSneakers® Yoga Stretch

Coffee Gathering

3 to 4 pm

**EVERY THURSDAY:** 

11:30 am to 12:30 pm \*SilverSneakers\* Cardio & Strength

12:30 to 1:30 pm

**EVERY FRIDAY:** 

10 to 11 am \*SilverSneakers® Cardio & Strength

12:30 to 1:30 pm 1:30 to 2 pm

Coffee Gathering

2 to 4 pm Wii™ Bowling

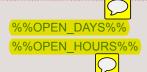


Your Kissimmee Guidance Center 3189 W. Vine St.

Kissimmee, FL 34741

(407) 932-5340 , (TTY: 711)

Humana.com/GuidanceCenter



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Louisville, KY 40202

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