

This month at

Your Austin 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  
1:30 to 2:30 PM

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

Humana.



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



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

Your Austin Guidance Center  
10710 Research Blvd., Ste. 120  
Austin, TX 78759

(512) 808-2820, (TTY: 711)  
[Humana.com/GuidanceCenter](http://Humana.com/GuidanceCenter)

Open Monday through Friday  
9 am to 5 pm  
Customer service available daily

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).

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