**Guidance Center**

**February Calendars Eblast**

**Job 69039**

[From Line]  
WOULD BE IDEAL IF IT COULD SAY: Your CITY Guidance Center , THIS WOULD ALLOW SUBJECT LINE TO BE MORE DIRECT AND NOT AS LONG—WOULDN’T NEED TO REFER TO THE CENTER OR INCLUDE ENTIRE NAME

[Subject Lines]  
Get Pumped About Heart Health: Your CITY Guidance Center  
You’re Invited: Heart Healthy Workshop

February Events at Your CITY Guidance Center

[Header]

**This month at your [CITY]** **Guidance Center**

[Headline]

**Get Pumped About Heart Health**

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

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

[Austin]

**Wednesday, February 18**

**1:30 to 2:30 PM**

[Baton Rouge]

**Tuesday, February 10**

**10 to 11 am**

[Cleveland]

**Thursday, February 26**

**10 to 11:30 am**

[Columbus]

**Tuesday, February 17**

**12:15 to 1:15 pm**

[Henderson]

**Friday, February 6**

**1:30 to 3 pm**

[Houston]

**Tuesday, February 3**

**1 to 2 pm**

[Kansas City]

**Wednesday, February 4**

**2:30 to 3:30 pm**

[Kissimmee]

**Wednesday, February 18**

**11 am to 12 pm**

[Knoxville]

**Friday, February 13**

**10:30 to 11:30 am**

[Lombard]

**Thursday, February 26**

**1:45 to 2:45 pm**

[Louisville]

**Thursday, February 26**

**12:30 to 1:30 pm**

[Mesa]

**Wednesday, February 4**

**12:30 to 1:30 pm**

[Naperville]

**Wednesday, February 18**

**1 to 2 pm**

[New Orleans]

**Wednesday, February 25**

**10 to 11 am**

[Peoria]

**Thursday, February 5**

**12 to 1 pm**

[Raleigh]

**Friday, February 13**

**10 to 11 am**

[San Antonio]

**Wednesday, February 4**

**1:30 to 2:30 pm**

[Summerlin]

**Thursday, February 5**

**2:30 to 3:30 pm**

[Tamarac]

**Wedneday, February 4**

**11 am to 12 pm**

[Zephyrhills]

**Monday, February 2**

**12 to 1 pm**

Call **[PHONE]**, (TTY: **711**) for more information and ask for a calendar with the center’s monthly events.

[Sidebar]  
Your **[CITY]** 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!

[Button]  
Click for your calendar

[Photo]

[Headline]

**These Events Occur EVERY WEEK at Your Local Guidance Center**

[Weekly Calendar]  
Pick up events from approved print calendar

[Footer]

Your CITY Guidance Center  
[ADDRESS]

[CITY, ST ZIP]  
[PHONE], (TTY: **711**)  
Humana.com/GuidanceCenter  
Open Monday – Friday  
[HOURS]  
*Customer service available daily.*

[Disclaimer]

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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**Humana**   
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L​ouisville, KY 40202

[GHHJ5WPEN\_CITY EXTENSION]

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