



Share with a friend!
Everyone is welcome.



Join our classes online

First, you must register.

1. [Click here](#) or visit [Humana.com/VirtualWellness](https://www.humana.com/VirtualWellness) to get started.
2. Find the class you wish to attend and register.
3. Complete registration and select “Submit.”
4. You’ll receive a confirmation email with instructions on how to access the class.

July 2020 calendar of events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>29</p> <p>Meditation: Benefits for the brain and body Click here to join at 3 p.m., Eastern time.</p> <p>Meditation hour: Reflection Click here to join at 6 p.m., Eastern time.</p>	<p>30</p> <p>Travel around the world at home: Ireland Click here to join at 3 p.m., Eastern time.</p>	<p>1</p> <p>Simple steps to boost your immune system Click here to join at 10 a.m., Eastern time. Click here to join at 3 p.m., Eastern time.</p>	<p>2</p> <p>Trivia: U.S. history Click here to join at 3 p.m., Eastern time.</p>	<p>3</p> <p>No scheduled programming</p>
<p>6</p> <p>Simple changes for managing cholesterol Click here to join at 3 p.m., Eastern time.</p>	<p>7</p> <p>Travel the National Parks at home: Yellowstone National Park Click here to join at 3 p.m., Eastern time.</p>	<p>8</p> <p>The power of positivity: When life gives us lemons Click here to join at 3 p.m., Eastern time.</p>	<p>9</p> <p>Trivia: TV and commercials Click here to join at 3 p.m., Eastern time.</p>	<p>10</p> <p>No scheduled programming</p>
<p>13</p> <p>Is your plate heart-healthy? Click here to join at 3 p.m., Eastern time.</p>	<p>14</p> <p>Travel the National Parks at home: Zion National Park Click here to join at 3 p.m., Eastern time.</p>	<p>15</p> <p>A how-to guide for staying social with chat apps Click here to join at 3 p.m., Eastern time.</p>	<p>16</p> <p>Summertime trivia and brain teasers Click here to join at 3 p.m., Eastern time.</p>	<p>17</p> <p>No scheduled programming</p>
<p>20</p> <p>Battling dangerous belly fat Click here to join at 3 p.m., Eastern time.</p>	<p>21</p> <p>Travel the National Parks at home: Yosemite National Park Click here to join at 3 p.m., Eastern time.</p>	<p>22</p> <p>COVID-19: Coping with change Click here to join at 3 p.m., Eastern time.</p>	<p>23</p> <p>Trivia: Name that state Click here to join at 3 p.m., Eastern time.</p>	<p>24</p> <p>No scheduled programming</p>
<p>27</p> <p>5 habits to help prevent Alzheimer’s disease Click here to join at 3 p.m., Eastern time.</p>	<p>28</p> <p>Travel the National Parks at home: Banff National Park Click here to join at 3 p.m., Eastern time.</p>	<p>29</p> <p>Tools to help you overcome anxiety Click here to join at 3 p.m., Eastern time.</p>	<p>30</p> <p>Trivia: Trends from the past Click here to join at 3 p.m., Eastern time.</p>	<p>31</p> <p>No scheduled programming</p>

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