



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.

August 2020 calendar of events

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| 3 Ten tips to boost your energy Click here to join at 3 p.m., Eastern time. | 4 Travel around the world at home: Switzerland Click here to join at 3 p.m., Eastern time. | 5 Decluttering your home Click here to join at 3 p.m., Eastern time. | 6 Battling the aging brain Click here to join at 3 p.m., Eastern time. | 7 No scheduled programming |
| 10 Partner with your doctor Click here to join at 3 p.m., Eastern time. | 11 Travel around the world at home: United Kingdom Click here to join at 3 p.m., Eastern time. | 12 COVID-19: Coping with change Click here to join at 3 p.m., Eastern time. | 13 Brain teasers: A mental workout Click here to join at 3 p.m., Eastern time. | 14 No scheduled programming |
| 17 How nutrition changes as you age Click here to join at 3 p.m., Eastern time. | 18 Travel around the world at home: Norway Click here to join at 3 p.m., Eastern time. | 19 A how-to guide for staying social with chat apps Click here to join at 3 p.m., Eastern time. | 20 MIND diet: Foods to fight dementia Click here to join at 3 p.m., Eastern time. | 21 No scheduled programming |
| 24 Storytelling workshop with USA Today: Favorite Person Stories Click here to join at 3 p.m., Eastern time. | 25 Travel around the world at home: Germany Click here to join at 3 p.m., Eastern time. | 26 Clean eating: Ditch the processed foods Click here to join at 3 p.m., Eastern time. | 27 Trivia: Landmarks around the world Click here to join at 3 p.m., Eastern time. | 28 No scheduled programming |