



Join our classes online

First, you must register.

1. [Click here](#) or visit 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.

Join our Facebook Live classes by visiting Facebook.com/Humana

October 2020 calendar of events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>28</p> <p>Storytelling workshop with USA Today: School stories Click here to join at 3 p.m., Eastern time.</p>	<p>29</p> <p>Simple lifestyle changes for managing hypertension Click here to join at 3 p.m., Eastern time.</p> <p>Facebook Live: Cooped up and cooking Noon, Eastern time</p>	<p>30</p> <p>Clean eating: Ditch the processed food Click here to join at 3 p.m., Eastern time.</p>	<p>1</p> <p>Travel around the world at home: France Click here to join at 3 p.m., Eastern time.</p> <p>Facebook Live: Meditation moment with Skylar Noon, Eastern time</p>	<p>2</p> <p>No scheduled programming</p>
<p>5</p> <p>Give your brain a boost Click here to join at 3 p.m., Eastern time.</p>	<p>6</p> <p>Heart failure: Understanding your condition Click here to join at 3 p.m., Eastern time.</p> <p>Facebook Live: Cooped up and cooking Noon, Eastern time</p>	<p>7</p> <p>Simple sleep changes to improve brain health Click here to join at 3 p.m., Eastern time.</p>	<p>8</p> <p>Trivia: U.S. Presidents Click here to join at 3 p.m., Eastern time.</p> <p>Facebook Live: Gina’s craft corner Noon, Eastern time</p>	<p>9</p> <p>No scheduled programming</p>
<p>12</p> <p>Sneaky sodium: Tame your salt habit Click here to join at 3 p.m., Eastern time.</p>	<p>13</p> <p>Heart failure: Getting the most out of life Click here to join at 3 p.m., Eastern time.</p> <p>Facebook Live: Cooped up and cooking Noon, Eastern time</p>	<p>14</p> <p>Virtual visits with your doctor Click here to join at 3 p.m., Eastern time.</p>	<p>15</p> <p>Travel around the world at home: Australia Click here to join at 3 p.m., Eastern time.</p> <p>Facebook Live: Brain teasers: Keep your mind fit with Ryan Noon, Eastern time</p>	<p>16</p> <p>No scheduled programming</p>
<p>19</p> <p>Emotional eating: How to kick the habit Click here to join at 3 p.m., Eastern time.</p>	<p>20</p> <p>Heart failure: Understanding your condition Click here to join at 3 p.m., Eastern time.</p> <p>Facebook Live: Cooped up and cooking Noon, Eastern time</p>	<p>21</p> <p>Vaccines and older adults: What you should know Click here to join at 3 p.m., Eastern time.</p>	<p>22</p> <p>Brain teasers and trivia: Halloween Click here to join at 3 p.m., Eastern time.</p> <p>Facebook Live: Soup can workout with Becky Noon, Eastern time</p>	<p>23</p> <p>No scheduled programming</p>
<p>26</p> <p>Storytelling workshop with USA Today: Growing up stories Click here to join at 3 p.m., Eastern time.</p>	<p>27</p> <p>Heart failure: Getting the most out of life Click here to join at 3 p.m., Eastern time.</p> <p>Facebook Live: Cooped up and cooking Noon, Eastern time</p>	<p>28</p> <p>A how-to guide for staying social with chat apps Click here to join at 3 p.m., Eastern time.</p>	<p>29</p> <p>Travel around the world at home: Spain Click here to join at 3 p.m., Eastern time.</p>	<p>30</p> <p>No scheduled programming</p>