



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.

June 2020 calendar of events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Simple changes for managing high blood pressure Click here to join at 3 p.m., Eastern time.</p> <p>Meditation hour: Releasing body tension Click here to join at 6 p.m., Eastern time.</p>	<p>2</p> <p>Travel around the world at home: Spain Click here to join at 3 p.m., Eastern time.</p>	<p>3</p> <p>Experiencing grief and loss during COVID-19 Click here to join at 10 a.m., Eastern time. Click here to join at 3 p.m., Eastern time.</p>	<p>4</p> <p>Brain bootcamp Click here to join at 3 p.m., Eastern time.</p>	<p>5</p> <p>No scheduled programming</p>
<p>8</p> <p>Using essential oils for health benefits Click here to join at 3 p.m., Eastern time.</p> <p>Meditation hour: Stress relief Click here to join at 6 p.m., Eastern time.</p>	<p>9</p> <p>Travel around the world at home: Morocco Click here to join at 3 p.m., Eastern time.</p>	<p>10</p> <p>COVID-19: Navigating the “new normal” Click here to join at 10 a.m., Eastern time. Click here to join at 3 p.m., Eastern time.</p>	<p>11</p> <p>Brain teasers: Keep your mind fit Click here to join at 3 p.m., Eastern time.</p>	<p>12</p> <p>No scheduled programming</p>
<p>15</p> <p>Boosting your mood with food and fitness Click here to join at 3 p.m., Eastern time.</p> <p>Meditation Hour: Calmness Click here to join at 6 p.m., Eastern time.</p>	<p>16</p> <p>Travel around the world at home: Costa Rica Click here to join at 3 p.m., Eastern time.</p>	<p>17</p> <p>COVID-19: Don’t get scammed Click here to join at 10 a.m., Eastern time. Click here to join at 3 p.m., Eastern time.</p>	<p>18</p> <p>Trivia: Name that tune Click here to join at 3 p.m., Eastern time.</p>	<p>19</p> <p>No scheduled programming</p>
<p>22</p> <p>Understanding wills, trusts and advance directives Click here to join at 3 p.m., Eastern time.</p> <p>Meditation hour: Deep breathing Click here to join at 6 p.m., Eastern time.</p>	<p>23</p> <p>Travel around the world at home: Iceland Click here to join at 3 p.m., Eastern time.</p>	<p>24</p> <p>Staying upbeat and social during COVID-19 Click here to join at 10 a.m., Eastern time. Click here to join at 3 p.m., Eastern time.</p>	<p>25</p> <p>Foods to boost your brain power Click here to join at 3 p.m., Eastern time.</p>	<p>26</p> <p>No scheduled programming</p>
<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>

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