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