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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><b>1</b></p> <p><b>Simple changes for managing high blood pressure</b> <a href="#">Click here</a> to join at 3 p.m., Eastern time.</p> <p><b>Meditation hour: Releasing body tension</b> <a href="#">Click here</a> to join at 6 p.m., Eastern time.</p>	<p><b>2</b></p> <p><b>Travel around the world at home: Spain</b> <a href="#">Click here</a> to join at 3 p.m., Eastern time.</p>	<p><b>3</b></p> <p><b>Experiencing grief and loss during COVID-19</b> <a href="#">Click here</a> to join at 10 a.m., Eastern time. <a href="#">Click here</a> to join at 3 p.m., Eastern time.</p>	<p><b>4</b></p> <p><b>Brain bootcamp</b> <a href="#">Click here</a> to join at 3 p.m., Eastern time.</p>	<p><b>5</b></p> <p>No scheduled programming</p>
<p><b>8</b></p> <p><b>Using essential oils for health benefits</b> <a href="#">Click here</a> to join at 3 p.m., Eastern time.</p> <p><b>Meditation hour: Stress relief</b> <a href="#">Click here</a> to join at 6 p.m., Eastern time.</p>	<p><b>9</b></p> <p><b>Travel around the world at home: Morocco</b> <a href="#">Click here</a> to join at 3 p.m., Eastern time.</p>	<p><b>10</b></p> <p><b>COVID-19: Navigating the “new normal”</b> <a href="#">Click here</a> to join at 10 a.m., Eastern time. <a href="#">Click here</a> to join at 3 p.m., Eastern time.</p>	<p><b>11</b></p> <p><b>Brain teasers: Keep your mind fit</b> <a href="#">Click here</a> to join at 3 p.m., Eastern time.</p>	<p><b>12</b></p> <p>No scheduled programming</p>
<p><b>15</b></p> <p><b>Boosting your mood with food and fitness</b> <a href="#">Click here</a> to join at 3 p.m., Eastern time.</p> <p><b>Meditation Hour: Calmness</b> <a href="#">Click here</a> to join at 6 p.m., Eastern time.</p>	<p><b>16</b></p> <p><b>Travel around the world at home: Costa Rica</b> <a href="#">Click here</a> to join at 3 p.m., Eastern time.</p>	<p><b>17</b></p> <p><b>COVID-19: Don’t get scammed</b> <a href="#">Click here</a> to join at 10 a.m., Eastern time. <a href="#">Click here</a> to join at 3 p.m., Eastern time.</p>	<p><b>18</b></p> <p><b>Trivia: Name that tune</b> <a href="#">Click here</a> to join at 3 p.m., Eastern time.</p>	<p><b>19</b></p> <p>No scheduled programming</p>
<p><b>22</b></p> <p><b>Understanding wills, trusts and advance directives</b> <a href="#">Click here</a> to join at 3 p.m., Eastern time.</p> <p><b>Meditation hour: Deep breathing</b> <a href="#">Click here</a> to join at 6 p.m., Eastern time.</p>	<p><b>23</b></p> <p><b>Travel around the world at home: Iceland</b> <a href="#">Click here</a> to join at 3 p.m., Eastern time.</p>	<p><b>24</b></p> <p><b>Staying upbeat and social during COVID-19</b> <a href="#">Click here</a> to join at 10 a.m., Eastern time. <a href="#">Click here</a> to join at 3 p.m., Eastern time.</p>	<p><b>25</b></p> <p><b>Foods to boost your brain power</b> <a href="#">Click here</a> to join at 3 p.m., Eastern time.</p>	<p><b>26</b></p> <p>No scheduled programming</p>
<p><b>29</b></p> <p><b>Meditation: Benefits for the brain and body</b> <a href="#">Click here</a> to join at 3 p.m., Eastern time.</p> <p><b>Meditation hour: Reflection</b> <a href="#">Click here</a> to join at 6 p.m., Eastern time.</p>	<p><b>30</b></p> <p><b>Travel around the world at home: Ireland</b> <a href="#">Click here</a> to join at 3 p.m., Eastern time.</p>	<p><b>1</b></p> <p><b>Simple steps to boost your immune system</b> <a href="#">Click here</a> to join at 10 a.m., Eastern time. <a href="#">Click here</a> to join at 3 p.m., Eastern time.</p>	<p><b>2</b></p> <p><b>Trivia: U.S. history</b> <a href="#">Click here</a> to join at 3 p.m., Eastern time.</p>	<p><b>3</b></p> <p>No scheduled programming</p>

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