

Join us!

The Consumer Advisory Committee is a quarterly event for you, your family members, and the people who help you with your healthcare. We'd love to meet you and hear your ideas about your health plan. Look for more information in your mailbox or contact the Illinois Quality Operations Department at **1-877-291-6608 and press 2.**

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Humana®



Events or classes in your area

Don't miss the health and well-being events or classes listed on the back of this postcard. Keep this postcard as a handy reminder of what's happening in your community near you.

Humana Integrated Care Program of Illinois

Health events nearby:

- **Understanding Hypertension**

December 17, 2015, 2:00 p.m.–3:00 p.m.

Hypertension or “high blood pressure” is a common condition, but if left uncontrolled, it can lead to further health concerns. This information session will explore the signs, symptoms, and treatment options available for those living with hypertension.

Roncoli Center – HR Conference Room, 600 Alexian Way,
Elk Grove Village, IL 60007

www.alexianbrothershealth.org/events/

- **61st Street Farmers Market**

January 9, 2016, 9:00 a.m.–2:00 p.m.

6100 South Blackstone Avenue, Chicago, IL 60601

- **New Year Lifestyle Fair**

January 6, 2016, 9:00 a.m.–6:00 p.m.

State of Illinois Building, 100 W Randolph St, Chicago, IL 60601

Need tips on healthy living? Looking for financial advice? Want to plan a vacation? Or thinking about a home improvement project? If so, then head over to the atrium lobby of the bustling State of Illinois Building (aka Thompson Center) in Chicago’s Loop for this FREE mini-lifestyle expo that’s celebrating its 10th anniversary in 2016.

<http://www.silvercross.org/register-for-a-class-or-event>

- **Chicago Volunteer Expo**

February 28, 2016, 10:00 a.m.–4:00 p.m.

Connect with 75 organizations that need your help at Chicago Volunteer Expo in the Peggy Notebaert Nature Museum.

The events listed are being provided by third parties and are not affiliated or endorsed by Humana.