


Visit us online at HumanaNeighborhoodCenter.com to see our virtual activities. RSVP for classes and other events before the start time so that you can join directly from the site.



January 2024 calendar of online events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Health hack: All about the thyroid 7 a.m.	2 Kitchen creations: Healthy collard greens 1 p.m.	3 Understanding tummy troubles: Symptoms 1 p.m. Medicines explained: Gut disorders 1:30 p.m.	4 Meditation moment: Morning meditation 10 a.m. Blood pressure control program - Virtual series registration 11 a.m.	5 Find your feel great weight - Virtual series registration 11 a.m. Foods to boost digestion 1 p.m.
8	9 Kitchen creations: Kale frittata 1 p.m.	10 Understanding tummy troubles: Testing 1 p.m.	11 Cancer-fighting superfoods Noon	12 Create a path to a healthy weight Noon
15	16 Kitchen creations: Blackened chicken quinoa 1 p.m.	17 Understanding tummy troubles: Action 1 p.m.	18 Soup can workout: Get back on track 2 p.m.	19 Jumpstart healthy habits Noon
22	23 Kitchen creations: Blueberry, chipotle, honey & balsamic vinaigrette 1 p.m.	24 Understanding tummy troubles: Treatment 1 p.m.	25	26 Tips to boost your energy Noon
29	30 Kitchen creations: Broccoli almondine 1 p.m.	31		