



CONNECTIONS



it's time to connect

RSVP to 1-877-933-0015



Medicare Advantage Only
Must call to RSVP

All events at 3301 Fields South Drive, Suite 105, Champaign, IL 61822 The Connections building is located west of the large administrative building

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WED	9 th	3–6 p.m. Health Alliance Connections Open House		
TUE	15 th	10–10:30 a.m. ☺☑ Fitness for Life Presentation	10:30–11:30 a.m. ☺☑ Fitness Assessment (assessment optional)	
WED	16 th	9 a.m. Coffee Time/Meet a Health Coach	10:30 a.m.–12 p.m. ☑ Diabetes Overview (snack served)	
THU	17 th	10–10:30 a.m. ☺☑ Fitness for Life Presentation	10:30–11:30 a.m. ☺☑ Fitness Assessment (assessment optional)	3–4:30 p.m. ☑ Puzzle Time with a Healthy Snack
TUE	22 th	9:30–10:15 a.m. ☺☑ Strength for Health	2–3:30 p.m. ☑ Game Time	
WED	23 th	9 a.m. ☑ Coffee Time/Meet a Health Coach	3–3:30 p.m. ☑ Healthy Eating Presentation	3:45–4:30 p.m. ☑ Healthy Cooking Demo: Eating on a Budget
THU	24 th	9:30–10 a.m. ☺☑ Balance and Flexibility for Health	11–11:30 a.m. ☑ Medical Management Review Presentation	
MON	28 th	5:30–7 p.m. ☑ Diabetes Overview (snack served)		
TUE	29 th	9:30–10:15 a.m. ☺☑ Strength for Health	11a.m.–12 p.m. ☑ The Power of Plants, featuring Kiley Owen, PA from Carle	2–3:30 p.m. ☑ Game Time
WED	30 th	9 a.m. Coffee Time/Meet a Health Coach (Super Bowl recipe ideas)	5:30–6:15 p.m. ☑ Stress Management Presentation	
THU	31 st	9:30–10 a.m. ☺☑ Balance and Flexibility for Health	3 p.m. ☑ Valentine's Day Gift 101 and Super Bowl Recipe Ideas	

Health Alliance Medicare is a Medicare Advantage Organization with a Medicare contract. Enrollment in Health Alliance Medicare depends on contract renewal.

FEBRUARY

TUE	5th	9:30–10:15 a.m. ☺🏠 Strength for Health	2–3 p.m. 🏠 Happy Hour (special February/March event)	
WED	6th	9 a.m. Coffee Time and a Topic: Why Choose a PCP?	10–10:30 a.m. ☺🏠 Fitness for Life Presentation	10:30–11:30 a.m. ☺🏠 Fitness Assessment (assessment optional)
THU	7th	9:30–10 a.m. ☺🏠 Balance and Flexibility for Health	11–11:45 a.m. 🏠 Movement Throughout the Seasons	
MON	11th	5:30–6:15 p.m. 🏠 Hypertension Presentation		
TUE	12th	9:30–10:15 a.m. ☺🏠 Strength for Health	2–3 p.m. 🏠 Happy Hour/Meet a Pharmacist	4–4:30 p.m. 🏠 Medical Management Review Presentation
WED	13th	9 a.m. Coffee Time and Wordfinds	3–3:30 p.m. 🏠 Healthy Eating Presentation	3:45–4:30 p.m. 🏠 Healthy Cooking Demo: Heart Healthy Recipes
THU	14th	9:30–10 a.m. ☺🏠 Balance and Flexibility for Health	3 p.m. 🏠 Valentine's Photo Shoot	
TUE	19th	9:30–10:15 a.m. ☺🏠 Strength for Health	2–3 p.m. 🏠 Happy Hour	5:30–6:15 p.m. 🏠 Weight Loss Presentation
WED	20th	9 a.m. Coffee Time and Wordfinds	10:30 a.m.–12 p.m. 🏠 Diabetes Overview (snack served)	1–1:30 p.m. ☺🏠 Fitness for Life Presentation 1:30–2:30 p.m. ☺🏠 Fitness Assessment (assessment optional)
THU	21st	9:30–10 a.m. ☺🏠 Balance and Flexibility for Health	11–11:45 a.m. 🏠 iPad/iPhone 101	2 p.m. 🏠 Yoga Demonstration
FRI	22nd	9–11 a.m. Blood Pressure Screening Event		
MON	25th			5:30–7 p.m. 🏠 Diabetes Overview (snack served)
TUE	26th	9:30–10:15 a.m. ☺🏠 Strength for Health	11–11:45 a.m. 🏠 Hypertension Presentation	2–3 p.m. 🏠 Happy Hour/Meet a Pharmacist
WED	27th	9 a.m. Coffee Time and Wordfinds	3–3:30 p.m. 🏠 Healthy Eating Presentation	3:45–4:30 p.m. 🏠 Healthy Cooking Demo: Heart Healthy Recipes
THU	28th	9:30–10 a.m. ☺🏠 Balance and Flexibility for Health	3 p.m. 🏠 Puzzle Time with a Healthy Snack	