

Your Health. Our Help.

We're always looking for more ways to help our Medicare members get and stay healthy. That's why we're excited to be back at our **Health Hub** offering more health and wellness education and activities!

Join us to learn about all the exciting opportunities available to you at our Health Hub, located at 620 Dick Road, Depew, NY 14043. We'll be adding even more programs throughout the year, so be sure to visit us online at www.IndependentHealth.com/HealthHub for the most updated information. Here's to a healthier you!



Health and Wellness Education and Activities at Our Health Hub!

HEALTH HUB ACTIVITY DESCRIPTIONS

Balance and Mobility Workout: Join us for a full-body exercise class that will decrease your risk of falls and increase your strength, balance and mobility. All fitness levels are welcome. Presented by New Sky Coaching.

Bone Health: Osteoporosis, which affects approximately 44 million Americans, causes low bone mass and leads to increased risk of falls and other injuries. Learn what causes this condition and how it can be treated. Presented by New Sky Coaching.

Chair Yoga: Experience the benefits of yoga without having to get down on the floor. All fitness levels are welcome. Presented by New Sky Coaching.

Circuit Training: Move through a variety of exercises at separate stations – all at your own pace! Each class will be different and may include cardio, bodyweight exercises, and exercises using handheld weights and resistance bands. All fitness levels are welcome. Presented by New Sky Coaching.

Digital Basics: Learn about Independent Health's online tools and resources and how you can access your wellness benefits through your MyIH account. Bring your phone or use our iPads to get set up. (Email address required.)

EPIC 101: A representative from NYS EPIC Outreach will help you learn about the Elderly Pharmaceutical Insurance Coverage (EPIC) Program and how it can help save you money on the cost of your prescriptions.

Falls Prevention – Why Your Ears Matter: This seminar will provide an overview of your balance system and how hearing loss prevention can help lower your risk of falls. Presented by Dr. Salvatore Gruttadauria & Start Hearing.

Heart Disease – Reduce Your Risk: Heart disease is the number one leading cause of death and a major cause of disability. In this seminar, learn how to live healthier and reduce your risk of heart attack and stroke. Presented by New Sky Coaching.

Identity Theft Prevention: Learn important tips to protect yourself and your loved ones from identity theft.

Improve Your Health Through Art: Calm the mind and relax the body with artistic activities designed to help you improve your mental and emotional health. **Please note:** *The June 4th class will be held at the Akron-Newstead Senior Center, 5691 Cummings Rd, Akron, NY 14001.*

Improving Balance Seminar: In this class, learn different exercises and lifestyle changes that enhance balance and reduce the risk of falls. Presented by Dr. Salvatore Gruttadauria from Start Hearing.

No-Floor Core Strength Workout: Interested in improving core strength without having to lie down on a mat? This workout class focuses on exercises that strengthen your abs, lower back and hips – all from a seated or standing position! All fitness levels are welcome. Presented by New Sky Coaching.

Nutritional Education: A general nutrition class for maintaining strength, reducing sugar intake, meal planning and more. Presented by Brook. **Please note:** *The June 16th class will be held at the Orchard Park Senior Center, 4520 California Rd, Orchard Park, NY 14127.*

The Power of Positive Thinking: Positive thinking can increase your mental, physical and emotional health, while also reducing stress and anxiety. Learn more about the power of positive thinking in this seminar presented by New Sky Coaching.

SilverSneakers® (Gratitude Seminar): Learn ways to cultivate an attitude of gratitude and how doing so can help improve your mental and physical health. Presented by SilverSneakers.

Start Hearing – Hearing Loss 101: This seminar will cover the basics of hearing loss, including helpful tips for managing this condition and how you can improve communication with loved ones. Presented by Dr. Salvatore Gruttadauria, AuD, CEO from Diversified Hearing & Balance Centers and Greater Buffalo Centers for Dizziness & Balance.

Tips for Lowering High Blood Pressure: In this seminar, learn different lifestyle changes you can make to help manage high blood pressure, such as a well-balanced diet, regular exercise and more. Presented by Brook.

Understanding Your Benefits: Learn how to get the most out of the supplemental benefits that come with your plan, including vision, dental, over-the-counter allowance and more!

Using Your Telemedicine Benefit: When you can't reach your primary care physician, Independent Health's telemedicine benefit allows you to talk with a doctor anytime. This class will teach you how you can set up a telemedicine appointment and use the patient portal. Presented by Literacy Buffalo Niagara.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2 Chair Yoga 11 a.m. – Noon	3	4
7	EPIC 101 11 a.m. – Noon	8 Understanding Your Benefits 10 a.m. – Noon	9	10 Tips for Lowering High Blood Pressure 11 a.m. – Noon	11
14	Digital Basics 11 a.m. – Noon	15	16	17	18
21		22 Heart Disease – Reduce Your Risk Noon – 1 p.m.	23 SilverSneakers (Gratitude Seminar) 11 a.m. – Noon	24	25
28	Start Hearing – Hearing Loss 101 Noon – 1 p.m.	29	30 Balance and Mobility Workout 2 – 3 p.m.		

APRIL

For the most up-to-date schedule of classes and class descriptions, visit IndependentHealth.com/HealthHub
 Registration is recommended but not required. Register for Seminars on the Health Hub webpage.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAY				1	2
	5	6 Chair Yoga 11 a.m. - Noon	7	8	9 Using Your Telemedicine Benefit 11 a.m. - Noon
	12	13 Understanding Your Benefits 10 a.m. - Noon	14	15 Bone Health Noon - 1 p.m.	16
	19	20 Circuit Training 1 - 2 p.m.	21 Falls Prevention - Why Your Ears Matter Noon - 1 p.m.	22	23
	26 Health Hub Closed	27	28	29	30

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JUNE	2	3	4 Improve Your Health Through Art 10:30 – 11:30 a.m. <i>(Akron-Newstead Senior Center)</i>	5	6
	9	10 Understanding Your Benefits 10 a.m. – Noon	11 Identity Theft Prevention 11 a.m. – Noon	12	13 The Power of Positive Thinking 2 – 3 p.m.
	16 Nutritional Education 11 a.m. – Noon <i>(Orchard Park Senior Center)</i>	17	18 Improving Balance Seminar Noon – 1 p.m.	19 Chair Yoga 10 – 11 a.m.	20
	23	24 No-Floor Core Strength Workout Noon – 1 p.m.	25	26 Digital Basics 11 a.m. – Noon	27
	30				

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Questions about the Health Hub?

Email HealthHub@IndependentHealth.com

or call Member Services: (716) 250-4401 or 1-800-665-1502 (TTY: 711)

Oct. 1 – Mar. 31: Mon. – Sun., 8 a.m. – 8 p.m.; Apr. 1 – Sept. 30: Mon. – Fri., 8 a.m. – 8 p.m.

Y0042_C00251_C 03052025

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