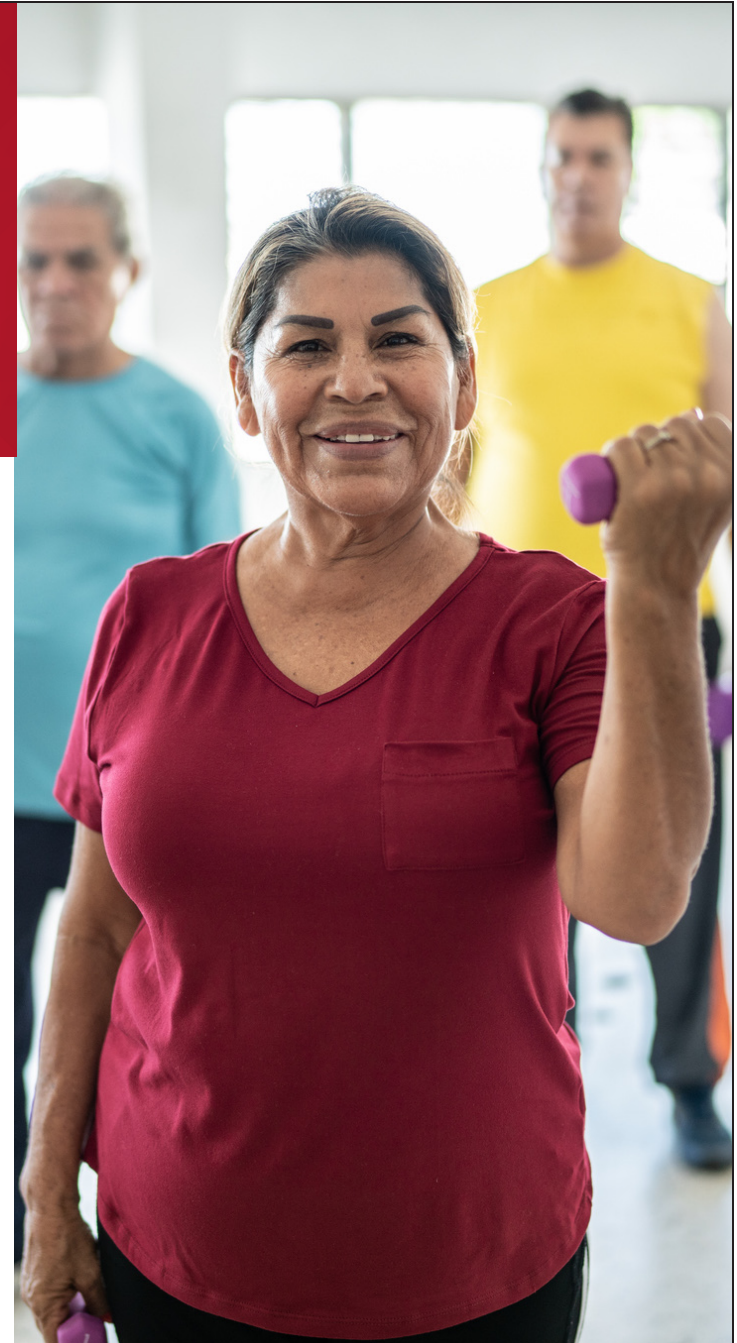


Your Health. Our Help.

We're always looking for more ways to help Medicare members like you get and stay healthy. Our **Health Hub** has got you covered by offering a variety of free wellness classes and activities all year long.

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.

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.

Crossword Puzzles: Join us for a fun session of crossword puzzle activities that will help you relieve stress and boost your memory!

Please note: The July 28 class will be held at the Orchard Park Senior Center (4520 California Rd, Orchard Park, NY 14127).

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.)

Exploring the Aging Process: As we get older, our body systems undergo changes that affect how we interact and engage with the world. Join us as we explore how several body functions respond to aging. Presented by Jacob I. McPherson, PT, DPT, PhD, UB School of Medicine.

Please note: The September 23 class will be held at the Orchard Park Senior Center.

Identity Theft Prevention: Learn important tips to protect yourself and your loved ones from identity theft. **Please note:** The July 30 class will be held at the Akron-Newstead Senior Center (5691 Cummings Rd, Akron, NY 14001).

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 August 24 class will be held at the Orchard Park Senior Center.

No-Floor Core Strength Workout: 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.

Prevent Dizziness, Imbalance and Falls: Learn how you can prevent falls from occurring and how you can get relief and help during an emergency. Presented by Dr. Salvatore Gruttadauria.

Preventing and Managing Diabetes: Learn about lifestyle changes, nutrition tips and support programs like Brook+ that can help you prevent and/or manage diabetes. Presented by Brook.

SilverSneakers® – Brain Health Seminar: Learn simple and effective strategies for strengthening and preserving brain function and memory.

Summer Safety: Summer is a fun and busy time, but the warm weather also brings special health concerns. Join us as we discuss ways to stay safe and healthy during the summer months, including skin care, proper hydration and exercising safely. Presented by New Sky Coaching.

Tips for Preventing Falls: In this seminar, learn how different exercises and changes to your living environment can help you prevent falls from occurring at home. Presented by Dr. Salvatore Gruttadauria.

Understanding Tinnitus and How to Find Relief: In this seminar, learn what causes ringing in the ears and how you can effectively treat and manage this condition. Presented by Dr. Salvatore Gruttadauria.

What Is Holistic Health? Join us as we discuss how a holistic approach to wellness can help you improve your physical, mental, social and emotional well-being. Presented by New Sky Coaching.

Why Fruits and Veggies Matter: In this informative seminar, we'll discuss the numerous health benefits of produce and how you can add more fruits and vegetables to your diet. Presented by New Sky Coaching.



JULY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3	4 <i>Health Hub Closed</i>
	7 Summer Safety 1 – 2 p.m.	8	9	10	11
	14	15 Balance and Mobility Workout 11 a.m. – Noon	16	17	18
	21	22	23 Chair Yoga 2 – 3 p.m.	24 Digital Basics 11 a.m. – Noon	25
	28 Crossword Puzzles 11 a.m. – Noon <i>(Orchard Park Senior Center)</i>	29 Understanding Tinnitus and How to Find Relief 2 – 3 p.m.	30 Identity Theft Prevention 12:30 – 1:30 p.m. <i>(Akron-Newstead Senior Center)</i>	31	

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.



AUGUST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					1
	4	5 What Is Holistic Health? 10 – 11 a.m.	6 SilverSneakers – Brain Health Seminar Noon – 1 p.m.	7	8
	11	12	13 Prevent Dizziness, Imbalance and Falls 1 – 2 p.m.	14	15
	18 Chair Yoga 1 – 2 p.m.	19	20 Circuit Training 2 – 3 p.m.	21	22
	25 Improve Your Health Through Art 11 a.m. – Noon <i>(Orchard Park Senior Center)</i>	26 Preventing and Managing Diabetes 11 a.m. – Noon	27	28	29

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.



SEPTEMBER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <i>Health Hub Closed</i>	2	3	4 Why Fruits and Veggies Matter 10 – 11 a.m.	5
	8	9	10 Identity Theft Prevention 11 a.m. – Noon	11	12
	15	16	17 Exploring the Aging Process 11 a.m. – Noon	18 No-Floor Core Strength Workout Noon – 1 p.m.	19
	22 Digital Basics Noon – 1 p.m.	23 Exploring the Aging Process 11 a.m. – Noon <i>(Orchard Park Senior Center)</i>	24	25	26 Chair Yoga 2 – 3 p.m.
	29 Tips for Preventing Falls 2 – 3 p.m.	30			

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.





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.

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