

2022 Healthy Living Classes

APRIL - JUNE

Wellness Classes are available to our Banner Medicare Advantage members at no cost. Classes will be available throughout the year both in person as well as online. You may choose to participate in one of three classes:

1. Know Your Health Numbers
2. Healthy Cooking – Simplified
3. Nutrition for a Healthy Heart



In-person classes are for Banner Medicare Advantage members only as seating is limited. Masks will be required.



Virtual classes require an internet connection, a computer, and/or a phone. If you do not have an internet connection on a computer or phone, you can listen to the class on your phone.

Classes are available in **English and Español** – please register for the appropriate class. Registration is FREE but **required** to reserve your seat or obtain the Microsoft Teams login information and phone number. The meeting information will be sent to registrants one to three days prior to the day of the class.

TO REGISTER: Call (602) 230-CARE (2273), TTY 711, 8 a.m. to 4:30 p.m., Monday through Friday.

Date	Language	Time	Class Name	Location
4/12/22	English	10:00 - 11:00 a.m.	Know Your Health Numbers	Virtual
5/10/22	English	10:00 - 11:00 a.m.	Nutrition for a Healthy Heart	Virtual
5/17/22	English	10:00 - 11:00 a.m.	Healthy Cooking Simplified	Banner – University Medical Center Phoenix
6/07/22	English	10:00 - 11:00 a.m.	Healthy Cooking Simplified	Banner - University Medical Center South (Tucson)
6/14/22	English	10:00- 11:00 a.m.	Healthy Cooking Simplified	Virtual

Banner Medicare Advantage Dual HMO D-SNP: For accommodations of persons with special needs at meetings call (877) 874-3930, TTY 711.

Banner Medicare Advantage Prime HMO: For accommodations of persons with special needs at meetings call (844) 549-1857, TTY 711.

Banner Medicare Advantage Plus PPO: For accommodations of persons with special needs at meetings call (844) 549-1859, TTY 711.

Our hours of operation are 8 a.m. to 8 p.m., seven days a week.