

Featured events at Optum Community Center – Converge

Staying Healthy & Active After 55
April 8, May 13, June 10
2:45–3:45 p.m.

Please join us monthly for the following educational presentations intended for those age 55 or older.

- **April 8: The ER & When To Go**
Come learn from one of our providers about when how to know when you should go to the ER, when to see your primary care provider, and when to stay home.
- **May 13: Managing Chronic Conditions**
Tips and resources from one of our providers for living your healthiest life with chronic conditions.
- **June 10: Medicines & Medication Management**
Learn from an Optum provider about some common medicines, what kinds of questions to ask your providers and pharmacist, and resources for managing your medications at home.

Arthritis Foundation Exercise Program
Tuesdays and Thursdays: 8:30–9:30 a.m.

The AFEP is open to participants of all ability levels with or without arthritis. This class is a low-impact exercise to help reduce pain, fatigue, and stiffness, and is taught by a certified Arthritis Foundation fitness specialist.

Spring Party & Health Expo R.S.V.P.
Friday, June 21
1st: 9–11 a.m.
2nd: 1–3 p.m.

Please join us for one session. Refreshments and activities will be provided in the living room. A mini health expo will take place in the multi-purpose room.

NEW! Grief & Loss Support Group
April 29, June 24
2:45–3:45 p.m.

This support group is led by the team of mental health professionals who teach Healthy Minds. All are welcome to this safe space.


Medicare 101
April 10 and 24, May 8 and 22,
June 12 and 26
12–1 p.m.

Learn more about Medicare from a licensed insurance agent.

Classic Car Show
Saturday, April 27
11:00–2:00 p.m.

Presented by Optum and KC Senior Solutions. Featuring Wellness on Wheels and KC Converge Community Center Tours. Trophies will be awarded for first, second and third place best in show.

R.S.V.P. To RSVP call 1-816-240-6045.

 Like us on Facebook [Facebook.com/myOptum](https://www.facebook.com/myOptum)

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Optum Community Center | Converge
3650 Broadway Blvd.
Kansas City, MO 64111

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Address:

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3650 Broadway Blvd.
Kansas City, MO 64111

Hours:

Monday–Thursday: 8 a.m.–6 p.m.
Friday: 8 a.m.–4 p.m.
Saturday and Sunday: closed

Contact:

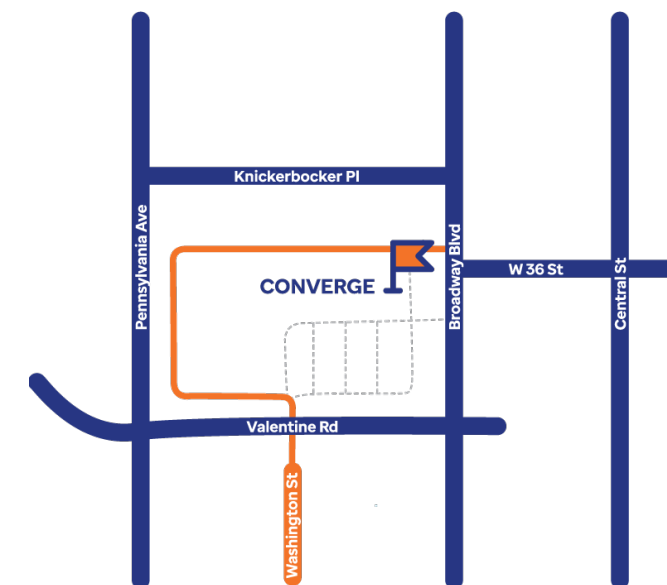
1-816-240-6045, TTY 711
[OptumKC.com](https://www.OptumKC.com)

In case of a medical emergency, please dial 911.

[optum.com](https://www.optum.com)

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Converge

Optum Community Center activity calendar

April – June 2024

Stay active, be healthy and build relationships in a place where you belong.

Enjoy our fitness center

Monday – Thursday, 8 a.m. – 6 p.m.
Friday 8 a.m. – 4 p.m.

Optum



All RSVPs will be accepted weekdays from 8 a.m.–4 p.m.

We will accept RSVPs only on weekdays. Only 2 RSVPs allowed per person, per event when you call.



Check out our virtual community center, [optum.com/virtualcommunitycenter](https://www.optum.com/virtualcommunitycenter).



Have you scheduled your Annual Wellness Visit for 2024? You could get a \$75 gift card for completing this important screening. Call 1-816-240-6045, TTY 711.

