

Living Well Programs Schedule

The MVP Health Promotions team, in collaboration with our community partners, is pleased to provide you with health and well-being programs. **MVP Living Well virtual programs are offered to all members and non-members alike, unless otherwise noted.**

Registration for all classes will open at 9 am on Tuesday, June 25.

Visit mvphealthcare.com/calendar to register for all classes and for full class details. Space is limited and registration is required.

For questions or assistance registering for classes, call the MVP Medicare Customer Care Center at **1-800-665-7924** (TTY 711). Class schedules are subject to change. Visit mvphealthcare.com/calendar for final program details.

Ongoing Virtual Fitness Programs

Gentle Yoga Moves

Mondays, July 8–August 12 **8–9 am**

Increased flexibility, strength, and balance through a series of seated and standing yoga poses.

Chair Moves: Hybrid

Tuesdays, July 9–August 13 **1–2 pm**

A chair-based class that emphasizes strengthening and stretching exercises for upper and lower limbs.

Core Conditioning

Tuesdays, July 9–August 13 **5:30–6:15 pm**

Move through exercises to build core muscle strength and stability that help improve posture, reduce back pain, balance, steadiness, and overall physical performance. Optional hand weights will be incorporated.

Stretch and Strengthen

Thursdays, July 11–August 15 **10–11 am**

Move through timed exercises at your own pace to stretch and strengthen.

Tai Chi for Wellness

Fridays, July 19–August 16 **9:30–10:30 am**

Join us for an introduction to Tai Chi! Tai Chi has many benefits including improved balance, flexibility, fall prevention, and muscle strength.

Featured Virtual Programs

20-Minute Guided Meditation Break

Mondays, July 8–August 12 **10–10:20 am**

Set aside some time in your day to be guided to the peaceful place in your mind and experience a higher level of presence.

Navigating Diabetes Through Dietary and Lifestyle Intervention

Thursday, July 11 **12–1 pm**

The Founder and CEO of Sarah Lynn Nutrition discusses in great detail different ways to prevent, manage, or reverse your Type 2 diabetes, by lowering your HgA1c levels through dietary and lifestyle intervention.

Fraud Prevention with CAPCOM

Friday, July 12 **12–1 pm**

Learn how to keep your social security number, passwords, account numbers, and other information safe.

The Holistic Approach to Mindful Eating

Tuesday, July 16 **12–12:30 pm**

Explore ways to bring mindful eating into various aspects of life for continued practice and growth.

Back to Budgeting Basics

Wednesday, July 17 **12–1 pm**

Join Cornell Cooperative Extension Albany County to learn tips and strategies to improve your basic budgeting skills, refine your personal financial plan, and assess your financial well-being.

Stress Management

Thursday, July 18 **12–1 pm**

Join us for this presentation on stress and the techniques to reduce its impact on your health.

Plant Forward Diets

Friday, July 19 **12–1 pm**

Join us to learn more about the recipes you can follow to incorporate more plants into your diet without sacrificing taste.

Understanding Blood Pressure

Monday, July 22 **12–1 pm**

This presentation will teach you about blood pressure, from what blood pressure is to how knowing your numbers can improve your life. Get familiar with blood pressure to improve your heart health!

Emotional Well-Being and Mindful Eating

Thursday, August 1 **12:30–1 pm**

Discover how to integrate mindful eating with self-care practices to support emotional well-being.

How Foods Fight Diabetes

Tuesday, August 6 **12–1 pm**

Join Deb from Planted Platter, LLC for an interactive virtual cooking class where you will learn why healthy, plant-based meals can help to manage diabetes and attain a healthy weight.