

Living Well Programs Schedule

The MVP Health Promotions team, in collaboration with our community partners, is pleased to provide you with innovative 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, March 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 through June 9 **8:30–9:30 am**

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

Power and Balance Total Body Circuits

Tuesdays through June 10 **9:30–10:30 am**

Timed exercises for total body resistance training, core and balance exercises, and low-impact aerobics.

Chair Moves

Tuesdays through June 10 **1–2 pm**

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

Stretch and Strengthen

Thursdays, April 10–June 12 **10–11 am**

Move through timed exercises at your own pace to stretch and strengthen for a complete work-out!

Hip Health

Thursdays, April 10–June 12 **12–12:30 pm**

Make your hips happy with stretching and strengthening exercises in standing and seated positions. This is a great option for people looking to increase hip strength and mobility or stretch out during the day.

Tai Chi for Wellness

Fridays, April 11–June 13 **9:30–10:30 am**

Described as “meditation in motion,” the benefits of Tai Chi can include improved balance, flexibility, fall prevention, and muscle strength.

Visit mvphealthcare.com/calendar to see more program opportunities and to register online for all classes!



Featured Virtual Programs

Sleep from A to Zzz

Wednesday, April 16

6–6:45 pm

Increase your understanding of the benefits of sleep to maintain overall health and learn strategies to improve sleep habits.

Fraud Prevention: Isolating Your Personal Information & Side-Stepping Scams

Tuesday, April 22

5:30–6:30 pm

Learn tips on how to keep your Social Security number, passwords, account numbers, and other personal information safe.

20-minute Guided Meditation Break

Thursdays, May 1–29

3–3:20 pm

Wednesdays, May 7–28

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.

Pain Free Gardening

Monday, May 5

12:15–1 pm

In partnership with Mohawk Valley Physical Therapy. Learn ways to protect your neck and lower back as you garden or do yard work this season.

Mindfulness-Based Stress Reduction

Daily, May 5–June 8

Learn more about reducing stress through the practice of mindfulness—what it is, how it works, and how to best incorporate it into your lifestyle.

Emotional Well-Being and Mindful Eating

Tuesday, May 6

12–12:30 pm

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

Breath Breaks to Remain Resilient

Tuesdays, May 6–27

1:30–1:45 pm

Experience how 15-minutes of gentle breathwork can help you manage stress and remain resilient throughout the day.

Mental Health Awareness

Friday, May 9

12–1 pm

Join us for this presentation on the basics of mental health, from the spectrum of mental wellness to the steps you can take to improve your resilience.

The Power of Journaling

Tuesday, May 13

12–1 pm

Learn more about journaling and how it can benefit your health, as well as the first steps to establishing a journaling routine!

Lemon Balm: The Uplifting Herb

Thursday, May 15

12–12:30 pm

Learn about the energizing effects of lemon balm on mood, focus, and cognitive function and the creative ways to use it in teas, salads, and infused water for a refreshing boost.

Powerful Tools for Caregivers

Tuesdays, May 27–July 1

10:30 am–12 pm

This workshop is for individuals and caregivers to learn how to reduce the risk of injury from falls and maximize quality of life in elderhood.

Power of Empathy: Connecting Heart and Spirit

Thursday, May 29

12–1 pm

Explore how empathy fosters connection and enhances resilience.

Eating for Gut Health Cooking Class

Friday, June 6

12–1 pm

This cooking class will unlock the secrets of adding more fiber, prebiotics, probiotics, and living foods into your diet while sharing how to make your own fermented vegetables and kombucha at home.