



# Living Well Programs

from MVP Health Care®

The MVP Health Promotion team, in collaboration with our community partners, is pleased to provide you with innovative health and well-being programs.



**MVP Living Well virtual and in person programs are FREE and open to ALL!**



## Upcoming MVP Living Well Programs

### Water Aerobics in Clifton Park

Mondays, 10:15-11 am, January 6 - March 10  
Southern Saratoga YMCA: 1 Wall Street, Clifton Park

### Striders Walking Club at Colonie Center

Wednesdays, 9-10 am, January 8 - March 12  
Colonie Center Mall: 131 Colonie Center, Albany

### Bokwa Dance in Clifton Park

Wednesdays, 1-1:45 pm, January 8 - March 19  
Clifton Park Senior Center: 6 Clifton Common Court

### Intermediate Tai Chi in Glenville

Wednesdays, 1:15-2 pm, January 8 - May 28  
Glenville Senior Center: 32 Worden Road, Glenville

### Power and Balance Total Body Circuits

Thursdays, 12-12:45 pm, January 9 - April 24  
Malta Community Center Gym: Bayberry Drive, Malta

### Chair Yoga in Queensbury

Tuesdays, 10-11 am, January 14 - June 17  
Queensbury Senior Center: 742 Bay Road, Queensbury

Visit [mvphealthcare.com/calendar](https://mvphealthcare.com/calendar) or scan the code with your smart device for program descriptions, locations, dates and times, and registration information for these and more programs.

**Need help registering for a program?**

Email [livingwellprograms@mvphealthcare.com](mailto:livingwellprograms@mvphealthcare.com).

