

MVP Living Well Virtual Programs

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

Virtual MVP Living Well Programs are offered to all members and nonmembers alike, unless otherwise noted, in all regions.

Registration will open at 8 am Tuesday, December 10. Register online for all classes at mvphealthcare.com/calendar. Registration is required and space is limited.

If you need help registering for a class, please call the MVP Medicare Customer Care Center at 1-800-665-7924 (TTY 711). Class schedules are subject to change.

Virtual Ongoing Fitness Programs

Gentle Yoga Moves

Mondays, January 6-June 16 8:30-9:30 am

Experience the benefits of increased flexibility, strength, and balance, as well as a sense of calm through a complete series of seated and standing yoga poses.

Power and Balance Total Body Circuits

Tuesdays, January 7-June 17 9:30-10:30 am

You will be guided through timed circuit exercises incorporating total body resistance training, core and balance exercises, and low-impact aerobics. Weights will be used but are optional.

Chair Moves—Hybrid

Tuesdays, January 7-June 17 1-2 pm

This chair-based class emphasizes strengthening, limbering, and stretching exercises for the upper and lower limbs.

Stretch and Strengthen

Thursdays, January 9-March 13 10-11 am

Move through timed exercises at your own pace to stretch and strengthen for a complete workout! Weights will be used but are optional.

Happy Hips

Thursdays, January 9-March 13 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, January 10-March 14 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.

Winter Animal Tracks

Tuesday, January 28 1:15-2:30 pm

Observing animal tracks can be a great way to stay active on the trails or in your own backyard this winter. Learn common animal tracks in the Northeast and how you can spot them.

Financial Fitness for Older Adults

Wednesday, January 29 12-1 pm

Learn strategies to assess financial situations, understand the importance of goal setting, share ways to manage personal spending plans, and how to protect yourself from consumer scams.

Mindful Tea Tasting

Tuesday, February 4 12-1 pm

Learn stress reduction techniques and put them to practice with this mindful tea tasting. Participants will receive 3-4 tea samples to try during this class.

Let’s Avoid a Fracture: 3-Part Series

Wednesdays, February 5, 12, 19 1-2:30 pm

Lifestyle tips and exercises to support bone health and help to reduce the risk of a future fracture.

Preventing Heart Disease

Monday, February 10 12-1 pm

Learn what changes you can start making today to prevent heart disease.

The Basics to Blood Pressure

Monday, February 17 12-1 pm

Join us for this presentation that breaks down the numbers behind blood pressure. Gain insightful knowledge and tips on how to improve your numbers.

Eat Smart for a Healthy Heart

Monday, February 24 12-1 pm

Join us for this presentation to learn about healthy food choices and sample recipes you can make to support heart health.

Eating Healthy on a Budget

Friday, February 28 12-1 pm

Looking to indulge in delicious, healthy food? In collaboration with Cornell Cooperative Extension, this class teaches you to create beautiful dishes that are great for your palate and your wallet!

Featured Virtual Programs

Silver Sneakers® Overview

Tuesday, January 14 11-11:45 am

Learn how to maximize your SilverSneakers benefits, including online educational classes offered through GetSetUp, in addition to various other fitness options.

Dry January: Going Alcohol Free

Wednesday, January 15 12-12:30 pm

Whether you’re sober curious, on a sobriety journey, or supporting others in your life who don’t drink, learn the potential health benefits of limiting alcohol consumption and learn delicious alternatives.

Rosemary: Nature’s Super Herb

Thursday, January 16 12-1 pm

Dive into the amazing world of rosemary where you’ll learn it’s health benefits and how to use it in tea, essential oils, and herb bundles.

MVP Be Well Rewards Program

Introduction

Tuesday, January 21 11:30 am-12 pm

Available through our Medicare Advantage plans, learn about our *Be Well Rewards* program that lets members earn a \$100 reward card.

