

# 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 nonmembers alike, unless otherwise noted.**

**Registration for all classes will open at 9 am on Tuesday, March 26.**

**Visit [mvphealthcare.com/calendar](http://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](http://mvphealthcare.com/calendar) for final program details.

## Ongoing Virtual Fitness Programs

### Gentle Yoga Moves

**Tuesdays, April 16–June 18** 8–9 am

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

### Power and Balance Total Body Circuits

**Tuesdays, April 16–June 18** 9:30–10:30 am

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

### Chair Moves: Hybrid

**Tuesdays, April 9–June 11** 1–2 pm

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

### 15-Minute Chair Yoga

**Wednesdays, April 17–June 19** 12:15–12:30 pm

This brief chair yoga session will reset the mind and body, keeping you refreshed for the rest of your day.

### Bokwa® Punch & Strike

**Wednesdays, April 10–June 12** 12–12:45 pm

An energizing cardio routine that uses the shape of letters and numbers for dance steps.

### Stretch and Strengthen

**Thursdays, April 11–June 6** 10–11 am

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

### Hip Health

**Thursdays, April 11–June 6** 12–12:30 pm

Strengthen muscles in the pelvic floor for increased abdominal strength and pelvic control.

## Featured Virtual Programs

### 20-Minute Guided Meditation Break

**Mondays, April 8–June 10** 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.

### Embracing Life's Balancing Act

**Tuesdays, April 16 and 23** 2–3 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.

### Eating to Stay Strong

**Friday, April 19** 1–2 pm

This cooking class will teach you to cook with foods that are high in antioxidants, to both improve your health and create a delicious meal!

### Knowledge is Power:

#### Breast Care and Imaging Technology

**Thursday, May 2** 1–2 pm

Learn how the latest advancements are helping doctors find breast cancer early and save lives.

### Mindfulness-Based Stress Reduction

**Daily, May 6–June 10**

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

### Meditation for Anxiety

**Wednesday, May 8** 12:15–1 pm

Learn and practice meditation techniques to manage or reduce anxiety.

### Mental Health Awareness

**Thursday, 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

**Wednesday, May 15** 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!

### Healthy Sleep Habits

**Wednesday, May 15** 4:30–5:15 pm

Learn yoga-inspired techniques to calm your brain and ease into a restful night's sleep.

### Building a Balanced Plate

**Thursday, June 6** 12–1 pm

Take the first steps toward healthier eating by learning the best ways to build a balanced diet.