



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

Line Dancing, Brickstone by St. John's

Tuesdays, 9:30-10:30 am, January 7-March 11
1325 Elmwood Avenue, Rochester, NY 14620

Feeling Fit at St. John's Meadows

Thursdays, 9:30-10:30 am, January 9-March 13
1 Johnsarbor Drive W, Rochester, NY 14260

Visit 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.

