

Living Well Programs

MVP Living Well programs are open to all unless otherwise noted. Most programs are free, compliments of MVP Health Care. Visit mvphealthcare.com/calendar to register for all classes. Space is limited and registration is required.

Registration for all Spring classes will open at 8 am on Tuesday, March 28.

Our virtual programs are best viewed using a laptop or tablet device with Internet access. Once registered, you will receive a link to the virtual class via email in advance of the class. Make sure your email address is entered correctly and you check your spam folder.

Ongoing Virtual Fitness Programs

Gentle Yoga

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. Class ends with a guided deep relaxation experience. This is a nine-week virtual program that meets on Mondays. ***No class May 29**

Intensity: Low to moderate, modifications are offered for all levels

Instructor: Tobey Gifford

Program Code: 6857

Mondays, 9-10 am, April 10 through June 12

Virtual–Zoom

Power and Balance Total Body Workout

You will be guided through timed exercises incorporating total body resistance training, core and balance exercises, and low-impact aerobics. Light to medium hand weights will be used but are optional. This is a nine-week virtual program that meets on Tuesdays.

***No class April 25**

Intensity: Moderate to high, modifications are offered for all levels

Instructor: Maria Migliori

Program Code: 6859

Tuesdays, 9:30-10:30 am, April 11 through June 13

Virtual–MS Teams

Bokwa Dance Moves

Africa's answer to Zumba! This energizing cardio routine uses the shape of letters and numbers for dance steps set to the sounds of African, Caribbean, Latin, and American music. Bokwa Dance is a fun, easy fitness program for all ages and fitness levels! This is a ten-week hybrid program that meets on Tuesdays.

Intensity: Low to moderate, modifications are offered for all levels

Instructor: Omoye Cooper

Program Code: 6849

Tuesdays, 12-1 pm, April 11 through June 13

Hybrid–Zoom

Chair Moves

Stay as mobile and strong as possible! This chair-based class emphasizes strengthening, limbering, and stretching exercises for upper and lower limbs. This is a nine-week hybrid program that meets on Tuesdays. ***No Class June 13**

Intensity: Low to moderate; seated and standing options, weights optional

Instructor: Nicola McNeil

Program Code: 6850

Tuesdays, 1-2 pm, April 11 through June 6

Hybrid–Zoom

15-minute Chair Yoga

Join us for a brief yet effective chair yoga session to reset the mind and body, keeping you refreshed for what the rest of your day brings.

Intensity: Low to moderate

Instructor: Tobey Gifford

Program Code: 6831

Wednesdays, 10:30-10:45 am, April 12 through May 31

Virtual–Zoom

Latin Moves and Toning

A fun, friendly, aerobic workout anyone (including beginners) can do. This class combines fast and slow low-impact exercises, set to Latin and dance rhythms and incorporates light weights to focus on strengthening your muscles. This is a ten-week hybrid program that meets on Wednesdays.

Intensity: Moderate to high, modifications offered for all levels

Instructor: Tobey Gifford

Program Code: 6832

Wednesdays, 12-1 pm, April 12 through June 14

Hybrid–Zoom

Tai Chi

Join us for an introduction to Tai Chi. Described as “meditation in motion,” the benefits of Tai Chi can include improved balance, flexibility, and muscle strength. This is a ten-week virtual program that meets on Wednesdays.

Intensity: Low; gentle movements with modifications offered

Instructor: Lori Scime

Program Code: 6835

Wednesdays, 1:30-2:30 pm, April 12 through June 14

Virtual–Zoom

Stretch & Strengthen

Move through timed exercise at your own pace to stretch and strengthen for a complete work-out! Weights will be used but are optional. This is a nine-week virtual program that meets on Thursdays. ***No class April 27**

Intensity: Moderate to high, modifications offered for all levels

Instructor: Marie Anselm

Program Code: 6836

Thursdays, 10-11 am, April 13 through June 15

Virtual-Teams

Featured Virtual Programs

Getting Ready for Golf

In partnership with Genesee Valley Physical Therapy. Learn about the importance of having proper mobility and strength to remain healthy throughout the golf swing along with common golf related injuries and prevention strategies.

Instructor: Chris Amico, PTA

Program Code: 6852

Friday, April 7, 12-1 pm

Virtual – Teams

Root3d Class Voucher

In partnership with Root3d, a Legacy Company. Enjoy \$11 towards one of Root3d's recurring classes or seasonal workshops, compliments of MVP Living Well Programs, while supplies last.

Program Code: 6848

Monday, May 1 through Wednesday, May 31

Virtual

Mindfulness Based Stress Reduction (MBSR) Challenge

Join the MBSR challenge to learn more about stress, the practice of mindfulness, and the steps you can take to utilize mindfulness to reduce stress levels.

Program Code: 6983

Monday, May 1 through Sunday, June 11

Virtual

The Power of Journaling

Learn about the benefits of journaling for cataloguing your life, improving yourself, knowledge, and addressing your mental health needs.

Instructor: Anna Parsons

Program Code: 6981

Tuesday, May 2, 12-1 pm

Virtual – Teams

Breast and Bone Health as You Age

In partnership with Elizabeth Wende Breast Care. This educational session will discuss the importance of breast and bone health screenings as you age. Learn how the latest advancements in breast imaging, breast density information law, and personal risk assessments are helping doctors find early breast cancers and saving lives. Identify factors that influence bone health, criteria for bone density testing, and tips on preventing bone loss.

Instructor: Judy LaBella, RT & Salena Sachman, MPA

Program Code: 6979

Thursday, May 4, 5-6 pm

Virtual – Zoom

15-minute Art Journaling

In partnership with the Rochester Mental Health Association. Art Journaling provides a meditative place of color and texture, providing a way to sink deeply into your personal emotional world.

Instructor: Julia Payne-Lewis, Rochester Mental Health Association

Program Code: 6828

Tuesdays, 3:30-3:45 pm, May 9 through 30

Virtual – MS Teams

Getting Ready for Gardening

Review ways to avoid common gardening injuries and learn stretches to keep your muscles safe while in the garden.

Instructor: Marie Anselm

Program Code: 6846

Thursday, May 11, 1-2 pm

Virtual – Teams

Meditation for Anxiety

In partnership with Inward Office. Learn and practice meditation techniques to manage or reduce anxiety. If you are feeling anxious, it may be harder to sit still and be with the body and the mind. This class will give you tools to begin meditation when anxiety is a part of your experience. Non-judgement, open attention, and self-inquiry will all be a part of the class. This is a virtual class that requires your full attention to get the benefits of the practice. Please bring a pen and paper. Class may be done in a chair or on the floor on a cushion.

Instructor: Eileen Hayes

Program Code: 6840

Thursday, May 18, 12-12:45 pm

Virtual - Teams

Meditation for Mood Boost

In partnership with Inward Office. Meditation is a practice that anyone can do. Meditation is training the brain and developing awareness of how our attention moves. Our moods are always a part of this experience of self-observation. Learn exercises that can help you begin a meditation practice, continue, or renew one while including all the moods of this moment. Please bring a pen and paper. Class may be done in a chair or on the floor on a cushion.

Instructor: Marla Pelletier

Program Code: 6841

Wednesday, May 24, 12:15-1 pm

Virtual - Teams

Mental Health Awareness

Join us to learn all about mental health – from the most common disorders, the stigma, and misconceptions about mental wellness to the steps we can take to improve our mental health and reduce the stigma.

Instructor: Anna Parsons

Program Code: 6982

Thursday, May 25, 12-1 pm

Virtual - Teams

Indian One Pot Cooking

In collaboration with Cornell Cooking Extension. Learn about the core elements of Indian cooking and follow along to make a healthy, decadent one pot meal.

Instructor: Karen Roberts Mort

Program Code: 6984

Friday, June 2, 12-1 pm

Virtual - Teams