

# 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](https://mvphealthcare.com/calendar) to register for all classes. Space is limited and registration is required.

**Registration for all Winter classes will open at 8 am on Tuesday, November 28.**

## Capital District In-Person Programs

### **Troy Waterfront Indoor Farmers Market Tokens**

In partnership with the Troy Waterfront Farmers Market. Register to enjoy \$10 worth of tokens, compliments of MVP Living Well Programs. These tokens will act as cash when you shop with vendors. \* *Limit to one voucher per person while supplies last.*

Program Code: 7535

Saturdays, January 13 through April 27, 9 am-2 pm

Troy Waterfront Farmers Market Booth: First Floor inside the Troy Atrium,

4 3<sup>rd</sup> Street, Troy, NY 12180

Capital Region

### **Schenectady Greenmarket Farmers Market Tokens**

In partnership with Schenectady Greenmarket Farmers Market. Register to enjoy \$10 worth of tokens, compliments of MVP Living Well Programs. These tokens will act as cash when you shop with vendors. \* *Limit to one voucher per person while supplies last.*

Program Code: 7604

Sundays, January 14 through April 14, 10 am-2 pm (closed 12/24,12/31,4/7)

Schenectady Greenmarket Farmers Market Booth: Inside Proctors Theatre

432 State St. Schenectady, NY 12305

Capital Region

### **Intermediate Tai Chi for Health and Fall Prevention at Glenville Senior Center**

Join us for an intermediate-tai chi level class which will explore a deeper understanding of the movements and principles of this ancient Chinese practice. The benefits of Tai Chi can include improved balance, flexibility, fall prevention, and muscle strength. Previous class experience with Tai Chi form is strongly recommended. This is a ten-week in-person program that will meet on Wednesdays. This is an evidence-based program endorsed by the CDC.

Intensity: Low to moderate

Instructor: Kate McKee & Allison

Program Code: 7512

Wednesdays, 1:15-2 pm, January 10 through March 13

Glenville Senior Center: 32 Worden Road, Glenville, NY 12302

Capital Region

### **Power and Balance Total Body Circuits at Malta Community Center**

Move through timed exercises set up in six different circuit stations incorporating low-impact aerobics, resistance training, core, and balance exercises to enhance strength, coordination, and endurance for a total body workout. This is a ten-week in-person program that will meet on Thursdays.

Registration for this program opens on December 13. To register click here: [Town of Malta Parks, Recreation & Human Services: Online Registration by MyRec.com Recreation Management Software](#) or come to the Malta Community Center at 1 Bayberry Drive, Malta to register in person.

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

Instructor: Staci Penna

Program Code: 7605

Thursdays, 11:45 am-12:30 pm, January 11 through March 14

Malta Community Center Gym: Bayberry Drive, Malta, NY 12020

Capital Region

### **Healthier Cooking with Herbs and Spices**

Join talented chef Diane in this class about flavor! We'll look at ways to reduce the use of salt without sacrificing taste--instead, you'll learn how to maximize flavor using fresh and dried herbs and interesting spices. We'll also sample some tasty dishes that you can easily replicate in your own kitchen. Don't miss this flavorful opportunity!

Instructor: Chef Diane Vics, Manifesting Wellness Naturally

Program Code: 7513

Thursday, February 8, 1-2:30 pm

Honest Weight Food Co-op: 100 Watervliet Ave, Albany, NY 12206

Capital Region

### **Simple Recipes for Happy Digestion**

Join talented chef Diane in this class all about food to support colon health! We'll learn ways to keep our digestive tract working great by using simple, tasty ingredients and recipes for the whole family. We'll also sample some tasty dishes that you can easily make at home. You will leave this workshop feeling ready to prepare more colon healthy meals!

Instructor: Chef Diane Vics, Manifesting Wellness Naturally

Program Code: 7666

Tuesday, March 5, 5:30-7 pm

Honest Weight Co-op: 100 Watervliet Ave, Albany, NY 12206

Capital Region