

Living Well Programs Schedule

The MVP Health Promotions team, in collaboration with our community partners, is pleased to provide you with innovative 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 8 am on Tuesday, August 29.

Visit 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 for final program details.

Ongoing Virtual Fitness Programs

Gentle Yoga Moves

Mondays, September 11–November 13 8–9 am

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

Power and Balance Total Body Workout

Tuesdays, September 12–November 14

9:30–10:15 am

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

Bokwa Dance Moves: Hybrid

Tuesdays, September 12–November 14

12–1 pm

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

Chair Moves

Tuesdays, September 12–November 14 1–2 pm

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

15-Minute Chair Yoga Break

Wednesdays, September 13–November 15

10:30–10:45 am

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

Latin Moves and Toning: Hybrid

Wednesdays, September 13–November 15

12–12:45 pm

Fast and slow, low-impact exercises set to Latin and dance rhythms, and incorporating light weights.

Stretch and Strengthen

Thursdays, September 14–November 16 10–11 am

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

Pelvic Floor Health

Thursdays, September 14–November 16

12–12:30 pm

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

Tai Chi for Health and Fall Prevention

Fridays, September 15–November 17

9:30–10:30 am

The benefits of Tai Chi can include improved balance, flexibility, fall prevention, and muscle strength.

Featured Virtual Programs

Addiction RECOVERY Resources

Thursday, September 14

12:30–1 pm

Join Friends of Recovery–New York to discuss resources to support communities, people in recovery, families, and professionals.

What is Prehab?

Tuesday, September 19

12–1 pm

In partnership with Genesee Valley Physical Therapy. Learn about the potential benefits of prehab, a pre-surgery therapy plan, for anyone considering joint replacement procedures.

Knowledge is Power:

Breast Care and Imaging Technology

Wednesday, September 20

1–2 pm

Learn how the latest advancements are helping doctors find early breast cancers and saving lives.

Embracing Balance and Staying Steady

Thursday, September 21

2–3 pm

Tools and tips to help you preserve balance, maintain independence, and increase personal safety.

Walktober Challenge

Daily, October 2–29

A self-guided walking challenge encourages you to set a four-week step goal with tips and tricks to help.

Hip Mobility

Tuesday, October 3

12:15–1 pm

In partnership with Inward Office. Learn flexibility and strength building exercises to lubricate this joint.

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Most programs are free unless otherwise noted, and offered to all members and non-members alike, compliments of MVP.

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Vermont In-Person Programs

For accommodations of persons with special needs, call **1-800-665-7924** (TTY 711).

Striders walking programs are coming this Fall.

Visit mvphealthcare.com/calendar for updates to our programs and to register online for all classes.



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