

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 non-members alike, unless otherwise noted.**

Registration for all classes will open at 9 am on Tuesday, August 27.

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 9–November 11
8:30–9:30 am

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

Chair Moves: Hybrid

Tuesdays, September 10–November 12 1–2 pm

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

Bokwa Punch and Strike

Wednesdays, September 11–November 13
8–8:45 am

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

Pelvic Floor Health

Thursdays, September 12–October 31
11:30 am–12:15 pm

Strengthen muscles in the pelvic floor for increased abdominal strength and pelvic control. Exercises will be performed seated on a mat.

Stretch and Strengthen

Thursdays, September 12–November 14
10–11 am

Move through timed exercises at your own pace to stretch and strengthen for a complete work-out!

Tai Chi for Wellness

Fridays, September 13–November 15
9:30–10:30 am

Described as “meditation in motion,” the benefits of Tai Chi can include improved balance, flexibility, fall prevention, and muscle strength.

Power and Balance Total Body Circuits

Tuesdays, September 17–November 19 9–10 am

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

Featured Virtual Programs

Powerful Tools for Caregivers

Tuesdays, September 10–October 15 2:30–4 pm

The Powerful Tools for Caregivers class series helps caregivers take better care of themselves while providing for a friend or relative. By taking care of your own health and well-being, you become a better caregiver.

Knowledge is Power: Breast Care and Imaging Technology

Tuesday, September 24 1–2 pm

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

Walktober Challenge

Daily, September 30–October 27

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

Stop! Slips, Trips, and Falls

Tuesdays, October 1–October 15 1–2:30 pm

Falls are serious! The pain and injury falls cause can impact mobility and independence. Learn practical coping solutions and exercises to diminish your fear of falls and reduce your fall risks and hazards.

Sleep from A to Zzz

Thursday, October 10 12–1 pm

Increase your understanding of the benefits of sleep to maintain overall health and learn strategies to improve sleep habits.

Bladder Control

Tuesday, November 5 12–1 pm

In partnership with Mohawk Valley Physical Therapy. Learn potential causes of decreased bladder control and possible solutions.

Living with Diabetes

Thursday, November 7 12–1 pm

In collaboration with Cornell Cooking Extension. This cooking class will focus on diabetes management through diet.