

# 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](http://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](http://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.

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## 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.

# Living Well Programs Schedule

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

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## Western New York In-Person Programs

Always check with your doctor before beginning an exercise program. For accommodations of persons with special needs, call **1-800-665-7924** (TTY 711).

### Line Dancing

**Tuesdays, September 10–November 12**

**9:30–10:30 am**

**Brickstone by St. John's**

**1325 Elmwood Avenue, Rochester**

Learn basic steps to several classic line dancing styles to be dancing in no time! No experience or partner necessary.

### Striders Walking Club

**Tuesdays, September 10–October 29**

**9:30–10:30 am**

**Perinton Park**

**99 O'Connor Road, Fairport**

**Wednesdays, September 11–November 13**

**9:30–10:30 am**

**Kershaw Park**

**155 Lakeshore Drive, Canandaigua**

Move through strength and balance exercises, walk at your own pace, and reap the benefits of walking.

### Feeling Fit

**Thursdays, September 12–November 14**

**9:30–10:30 am**

**Briarwood by St. John's**

**1 Johnsarbor Drive W, Rochester**

This low impact workout tones, sculpts, and energizes using light hand weights, tubes, and chairs.

### All About Apples

**Friday, October 4**

**10–11 am**

**Kirby's Farm Market**

**9739 W Ridge Road, Brockport**

In partnership with Kirby's Farm. Learn all about apples, including healthy recipes, on this wagon tour of Kirby's orchard.

### Fall Hike at Cumming Nature Center

**Wednesday, October 9**

**1–2:15 pm**

**RMSC Cumming Nature Center**

**6472 Gulick Road, Naples**

Hike the trails and discover fall foliage and fauna led by an expert naturalist.

### Historic Mt. Hope Cemetery Tour

**Tuesday, October 15**

**1:30–3 pm**

**North Gatehouse**

**1133 Mount Hope Avenue, Rochester**

In partnership with Friends of Mt. Hope Cemetery. Take a tour taking you back through Rochester's history.

### Fall Woods Walk at Tinker Nature Park

**Friday, November 1**

**10–11 am**

**Tinker Nature Park**

**1525 Calkins Road, Henrietta**

Explore the woods in fall and observe signs of animals on Tinker's trails led by an expert naturalist.

Visit [mvphealthcare.com/calendar](http://mvphealthcare.com/calendar) to see more program opportunities in this region and to register online for all classes!



Living Well