

# 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.**

## Western NY In-Person Programs

### **Snowshoe or Cross-Country Ski Voucher**

In partnership with Tinker Nature Park. Enjoy a complimentary snowshoe or cross-country ski voucher courtesy of MVP. One voucher per person; voucher can be redeemed during regular Tinker Nature Park hours of operation.

Program Code: 8072

Monday, January 1 through Sunday, March 31

Tinker Nature Park: 1525 Calkins Road, Pittsford, NY 14534

Rochester region

### **Line Dancing at St. John Brickstone**

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

Program Code: 7528

Tuesdays, 9:30-10:30 am, January 9 through March 12

St. John's Brickstone: 1325 Elmwood Avenue, Rochester, NY 14620

Rochester region

### **Tai Chi at St. John Brickstone**

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.

Intensity: Low; gentle standing movements

Instructor: Lori Scime

Program Code: 7529

Thursdays, 10-11 am, January 11 through March 14

### **Tinker Nature Park Winter Hike**

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

Program Code: 8071

Tuesday, January 23, 1-2 pm

Tinker Nature Park: 1525 Calkins Road, Pittsford, NY 14534

Rochester region