



MVP Well-Being Programs

2017 Spring Schedule



Beginner Level 2 Yoga

Mondays, April 3–24
6-7 pm

**The Chapel, McClellan St.
Health Center – Ellis Medicine**
600 McClellan St., Schenectady

This series is open to any MVP member, as well as all Ellis Medicine employees, FREE of charge!
Max of 20 participants

This four-week series for adults will provide participants instruction in yoga, emphasizing practical tools to manage stress and anxiety. Physical postures (asana), breath technique (pranayama), and mindfulness meditation will make up the core of the series.

“The Butt Stops Here” Tobacco Cessation Program

Tuesdays, May 9–June 13
5:30–6:30 pm

Schenectady County Public Library – McChesney Room
99 Clinton St., Schenectady

This series is open to ALL members of the community (you do not need to be an MVP Health Care member to join). All sessions are FREE of charge!
Max of 20 participants

Our unique six-week program offers a combination of group support and education to assist you in your journey to quit smoking or using tobacco. This program is open to all members of the community, and participants are encouraged to attend all six sessions. FREE workbooks will be provided to attendees.

At the Table with Whole Foods

Wednesday, April 19
10:30–11:15 am
(followed by an optional store tour)

Whole Foods Market
1425 Central Ave., Albany

This workshop is open to MVP members and their children, ages 5–10, FREE of charge!
Max of 20 participants

Looking for healthy snack options for your kids that are quick, easy, and budget-friendly? Join us for a hands-on demonstration to help you and your children build options for wholesome treats that will keep them energized and satisfied. Bring them along to this kid-friendly event, and show them the fun side of healthy eating!

In partnership with:

