

MVP Well-Being Programs

2018 Spring Schedule



Creative Expression for Stress Management participants will paint “Fresh Rain”.

Creative Expression for Stress Management

Monday, April 9
6–8 pm

Art in Mind Creative Wellness Studio
272 Saratoga Road, Glenville, NY 12302

Free for MVP members
Maximum of 40 participants

Scientists have linked creative expression to overall wellness, brain stimulation, and stress reduction. Art also enhances cognitive abilities, stimulates imagination, sharpens problem solving skills, and so much more! Please join us for this one-time creative session during which you will paint your own personal masterpiece. No experience necessary and we will provide the supplies!

In partnership with:



Beginner Yoga—Level Two

Mondays, April 23–May 14
5:15–6:15 pm

Ellis Medicine
McClellan Street Health Center, Chapel
600 McClellan Street, Schenectady, NY 12304

Free for MVP members and Ellis Medicine employees
Maximum of 20 participants

This four-week series will provide participants a guided instruction in yoga—emphasizing practical tools to manage stress and anxiety. Physical posture (asana), breathing technique (pranayama), and mindfulness meditation will make up the core of the series.

In partnership with:

