



# MVP Well-Being Programs

2018 Winter Schedule



## Mindfulness Meditation Under the Stars

**Tuesday, January 23**  
5:30–6:30 pm

**miSci–Museum of Innovation and Science**  
15 Nott Terrace Heights, Schenectady

**Open to all MVP members, FREE of charge!**  
Maximum of 60 participants

Meditation is a great tool for managing stress, coping with serious illness, and reducing anxiety and depression. After a 30-minute guided meditation under the stars at the Suits-Bueche Planetarium, you will be led through a journey of the night sky.

## Beginner Yoga

**Session 1**  
**Mondays, January 22–February 12**  
5–6 pm

**Ellis Medicine**  
McClellan Street Health Center Chapel  
600 McClellan Street, Schenectady

**Session 2**  
**Mondays, February 26–March 26**  
5–6 pm (no class March 12)

**Ellis Medicine**  
Nott Street Health Center  
Graham Auditorium  
1101 Nott Street, Schenectady

**Open to all MVP members and all Ellis Medicine Employees, FREE of charge!**

Maximum of 20 participants  
This four-week series will provide participants a guided instruction in yoga for beginners—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.

## P.I.T. Fitness Vouchers

**Voucher Valid**  
February 1–February 28

**P.I.T. Fitness**  
**(Precision Individualized Training)**  
8 Nolan Road, Albany

**MVP Members can receive a voucher for a 50% discount on one, 90-minute session with a personal trainer; \$35 will be due upon voucher redemption. (The regular price is \$70.)**

Maximum of 10 vouchers available  
In this 90-minute session, you will identify your short- and long-term goals; test your movement patterns, muscular imbalances, and posture; and learn ways to positively impact your body. Your P.I.T. voucher will also include instruction on stretches and exercise techniques.

