



## 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](http://mvphealthcare.com/calendar) to register for all classes. Space is limited and registration is required.

**Registration for all Summer classes will open at 8 am on Tuesday, June 28.**

Our virtual programs are best viewed using a laptop or tablet device with Internet access. Once registered, you will receive a link to the virtual class via email in advance of the class. Make sure your email address is entered correctly and check your spam folder.

## Ongoing Virtual Fitness Programs

### **Mind Body Yoga**

This is a gentle yoga class that is open to all levels of practice and especially those who have never done yoga before. There will be breathing exercises, meditation, stretching, gentle movements, balancing and a nice relaxation to close the class. This is a six-week virtual program that meets on Tuesdays.

Intensity: Low intensity and modifications offered for all levels

Instructor: Keri-Ann Laurito

Program Code: 6350

Tuesdays, 12-1 pm, July 12 through August 16

Virtual-MS Teams

## **Bokwa Dance Moves**

Africa's answer to Zumba! This energizing cardio routine uses the shape of letters and numbers for dance steps set to the sounds of African, Caribbean, Latin, and American music. Bokwa Dance is a fun, easy fitness program for all ages and fitness levels! This is a five-week virtual program that meets on Thursdays.

Intensity Level: Easy to moderate, modifications are offered for all levels

Instructor: Omoye Cooper

Program Code: 6352

Wednesdays, 11 am-12 pm, July 13 through August 10

Virtual-MS Teams

## **Tai Chi Moves**

Join us for an introduction to Tai Chi! Described as "meditation in motion," the benefits of Tai Chi can include improved balance, flexibility, fall prevention, and muscle strength. This is a six-week virtual program that meets on Wednesdays.

Intensity level: low; low-impact movements performed at a gentle pace

Instructor: Lori Scime

Program Code: 6345

Wednesdays, 9:30-10:30 am, July 13-August 17

Virtual-Zoom

## **Chair Moves**

Stay as mobile and strong as possible! This chair-based class emphasizes strengthening, limbering and stretching exercises for upper and lower body. A steady chair at home is needed, weights are optional. This is a six-week virtual program that meets on Thursdays.

Intensity: Low to moderate; weight and cardio exercises performed in a seated or optional standing position

Instructor: Marie Anselm



Program Code: 6348

Thursdays, 10-11 am, July 14 through August 18

Virtual-MS Teams

## **Stretch & Strengthen**

Move through timed exercises at your own pace to stretch and strengthen for a complete work-out! Weights will be used but are optional. This is a six-week virtual program that meets on Thursdays.

Intensity: Moderate to high; timed standing exercises that can be performed at any pace with optional weights

Instructor: Marie Anselm

Program Code: 6349

Thursdays, 11:30 am-12:15 pm, July 14 through August 18

Virtual-MS Teams

## Featured Virtual Programs

### **Hydration Challenge**

Improve your hydration this summer with tips and tracking tools to help ensure you're getting the water your body needs to stay healthy. Over the course of four weeks, you'll receive weekly emails to help track and guide your hydration and be eligible to receive prizes at the end of the challenge!

Program Code: 6351

Daily, July 11 through August 5

### **Thai Cooking Class**

In partnership with Cornell Cooperative Extension. In this live interactive cooking demonstration, you'll learn to make exciting new foods. Gain confidence in cooking Thai



classics that are both delicious and healthy! Registered participants will receive healthy, scrumptious recipes and a list of ingredients ahead of time so they can join in the fun.

Program Code: 6341

Friday, July 22, 12-1 pm

Virtual-MS Teams

### **Healthy Golf Guidance**

In partnership with Genesee Valley Physical Therapy. Learn about the importance of having proper mobility and strength to remain healthy throughout the golf swing along with common golf related injuries and prevention strategies.

Program Code: 6359

Tuesday, August 2, 12-1 pm

Virtual-MS Teams

### **Understanding Blood Pressure**

Our blood pressure numbers are affected by many things from age to heredity to foods that we eat. Join us as we discuss the importance of healthy blood pressure levels for our overall health and well-being as well as how and when to get our levels checked. Learn the new "normal" numbers for blood pressure and ways to lower your numbers through lifestyle and nutrition changes.

Instructor: Anna Parsons

Program Code: 6353

Wednesday, August 3, 12-12:45 pm

Virtual-MS Teams



## **Positively Managing a Chronic Condition**

Whatever condition you may have, you can take charge of your health. Join us to learn about living your fullest while managing a chronic condition. We will review simple self-management techniques that everyone can apply to their daily lives.

Instructor: Sandra Morton, RN, CDCES, MVP Case Manager

Program Code: 6344

Wednesday, August 10, 12-12:30 pm

Virtual-MS Teams

## **Mental Health Awareness**

Self-care is the best care! Join us as we debunk mental health myths and explore the facts while also discussing ways to care for our emotional well-being.

Instructor: Anna Parsons

Program Code: 6340

Wednesday, August 17, 12-1 pm

Virtual-MS Teams