

MVP Wellness

PROGRAM HIGHLIGHTS

Bokwa Dance Moves

Join us for an energizing cardio routine set to African, Caribbean, Latin, and American music
Tuesdays 12-1 p.m. January 10 through March 14. [Click this link to register.](#)

Latin Moves and Toning

Come along **Wednesdays 12-1 p.m. January 18 through March 15**, for aerobic exercise set to Latin dance rhythms! [Click this link to register.](#)

Blood Pressure Challenge

Join the Blood Pressure Challenge during this heart health month! This six week guided program encourages people to know their numbers to take control of their health. This challenge runs **January 30 through March 12.** [Click this link to register.](#)

Dementia Conversations

On **February 7 12-12:30 p.m.** join the Alzheimer's Association for a program offering tips to help families with conversations related to dementia, including going to the doctor, deciding when to stop driving, and making legal and financial plans. [Click this link to register.](#)

Mindful Tea Tasting

Learn stress reduction techniques and put them to practice with this mindful tea tasting class, taking place **February 10 12:30-1:30 p.m.** [Click this link to register.](#)

Creating a Wellness Mindset

In partnership with the Mental Health Advocates of New York State, this hour long webinar focuses on a framework for how to create a mindset that will support the practice of continuous self care. Join us **February 22 12-1 p.m.** to learn more! [Click this link to register.](#)

OTHER COURSES AND DISCOUNTS

Interested in our other courses? We have a wide variety of options designed to fit your schedule, with classes ranging from 15 minutes to 90 minutes. Both ongoing and one time courses are available! Check out our full program list on our [Digital Calendar.](#)

Mindful Doodle Break – [Click this link to register.](#)

15 Minute Meditation Break – [Click this link to register.](#)