

MVP Wellness

PROGRAM HIGHLIGHTS

Sleep from A to Zzz - This presentation, from **12-1 p.m. March 2**, covers the many benefits of sleep, as well as the steps you can take to improve your own sleep quantity and quality.

[Click this link to register.](#)

Managing Money: The Caregivers Guide to Finances - If you or someone you know is facing Alzheimer's disease or another chronic condition, it is never too early to start financial planning. Join us **March 7 from 12-1 p.m.** to learn tips for managing someone else's finances.

[Click this link to register.](#)

Breast Health Workshop - In partnership with To Life! this 45 minute presentation, offered **March 8 12-12:45 p.m.**, addresses risk factors and screening options for breast cancer.

[Click this link to register.](#)

Rochester Brainery – Enjoy \$15 off any Rochester Brainery class - for example, learn the art of papermarking **March 14 6:30-8:30 p.m.** at a discount!

[Click this link to register.](#)

Power of Journaling - Join us **March 15 12-1 p.m.** to learn more about the ways that journaling can help manage stress, improve your self-understanding, and catalogue your life events.

[Click this link to register.](#)

Beating the Winter Blahs - Winter has some great benefits, but it can also bring with it some difficulties, as days grow shorter and many individuals experience a dip in mood. This presentation, **March 16th 12-1 p.m.**, teaches techniques to improve your mood this Winter!

[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.](#)