



# Living Well at Home

## Free virtual wellness classes & webinars

Our well-being programs are here for you when you need them the most. Whether you are looking to shake it up, stretch it out, or get centered, we've got you covered with Zumba®, yoga, strength training, guided mindfulness, and wellness sessions, which are available to everyone. All classes are free and easy to access via Zoom.

### Guided mindfulness sessions

Experiment with short bursts of mindfulness instruction followed by mini meditations led by our expert instructors.

**Tuesdays | 8:30-9:00 a.m. ET**

[Click here](#)

**Wednesdays | 8:30-9:00 a.m. ET**

Attendees are invited to use their webcams (live class)

[Click here](#) | **Passcode 203720**

**Thursdays | 8:30-9:00 a.m. ET**

[Click here](#)

### Rotating health & wellness topics

These classes take a holistic look at health to help you stay physically and mentally resilient. Enjoy a variety of topics.

**Wednesdays | 1:00-1:30 p.m. ET**

[Click here](#)

**Thursdays | 1:00-1:30 p.m. ET**

[Click here](#)

### Zumba classes

Dance like nobody's watching! Our Zumba® classes will be the most fun you've ever had working out. Enjoy upbeat music and moves anyone can try!

**Tuesdays & Thursdays | 5:15-6:15 p.m. ET**

[Click here](#)

### Yoga classes

Breathe in, breathe out and stretch it out with a relaxing yoga practice. These live sessions are accessible to all fitness levels and are the perfect way to wind down.

**Mondays & Wednesdays | 5:15-6:15 p.m. ET**

[Click here](#)

### Strength Training classes

These sessions will get you ready to start your day! A quick warm up to get started, moving through various strengthening exercises and closing with some stretching. Weights are optional.

**Tuesdays & Thursdays | 7:30-8:00 a.m. ET**

[Click here](#)

For future and past sessions, visit [harvardpilgrim.org/livingwellathome](https://harvardpilgrim.org/livingwellathome)

# APRIL HEALTH & WELLNESS TOPICS

## Wednesdays | 1-1:30 p.m. ET

**April 2, 2024 from 1-1:30 p.m. ET**

### **Step into Spring**

Spring is the season of fresh starts, hope, flowers and renewal. As we are all emerging from a long winter, this webinar will focus on how we can fully embrace the spring season! We'll discuss ideas such as new ways to enjoy spring fruits and vegetables, tips on spring clearing and more!

**April 10, 2024 from 1-1:30 p.m. ET**

### **Stress: New Ways of Understanding an Old Problem**

Develop a greater understanding of stress and uncover its hidden benefits! Take a look at the mind-body feedback loop and discover the impact of stress (and relaxation!) on our mental, emotional, and physical health. Gain insight into your stress reaction and learn an empowering new perspective that will put you in control, even when life feels out of control.

**April 17, 2024 from 1-1:30 p.m. ET**

### **Living Simply**

This session examines how individuals create their own stress by being overstimulated while also having unrealistic expectations of themselves and others. It helps participants see the value in reconnecting with the simple life and how it can help manage the chaos of their lives.

**April 24, 2024 from 1-1:30 p.m. ET**

### **Go Outside and Explore!**

Spring is here, and we finally get to spend time outside! You know you feel better when you spend time outside, and more and more research is supporting this idea. In this webinar, we'll talk about ideas for some fun adventures for the spring!

## Thursdays | 1-1:30 p.m. ET

### RAQ

RAQ THE BARRE® is a fun and effective barre fitness program, blending ancient Middle Eastern movements into a modern barre workout! Tone and condition your entire body from top to toe with our signature core barre method designed to improve torso & hip flexibility and stability. Challenge your muscles using your own body weight with a varied series including barre and mat exercises with special attention to enhancing your posture! Optional added props will boost your barre burn: light weights, medium to low resistance bands, and a small ball (A firm pillow works as a substitute).

**April 4, 2024 from 1-1:30 p.m. ET**

**April 11, 2024 from 1-1:30 p.m. ET**

**April 18, 2024 from 1-1:30 p.m. ET**

**April 25, 2024 from 1-1:30 p.m. ET**