



# 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)

# MAY HEALTH & WELLNESS TOPICS

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

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

**Peak Mind: Dr. Amishi Jha on Sharpening Attention and Boosting Mood**

When we're trying to focus on a task, get a job done, or fully engage with the people in our lives, distraction becomes more than a challenge—it can impact our mood, making everything feel a little bit harder...and a little bit less joyful. New York Times best-selling author Dr. Amishi Jha has spent decades studying how and why we get distracted and, perhaps most importantly, what we can do about it. In this interactive Q&A session, Dr. Jha will introduce simple practices anyone can do to sharpen attention and boost mood.

**May 8, 2024 from 1-1:30 p.m. ET**

**Healthy Eating as a Habit**

Habitual eating choices are usually the most difficult to break. Food choices are often made due to time, marketing, availability, or some emotional need, rather than eating the foods that the body physically needs. Participants will be provided with useful strategies for making healthy eating a habit.

**May 15, 2024 from 1-1:30 p.m. ET**

**Work and Family Balance**

Balancing work and family is an art that many people are continually trying to perfect each and every day. Picture an image of the person at the circus balancing ten plates, and when one plate wobbles, they all fall down. This session helps participants use their resources to their advantage so that they feel less stressed and more able to balance the time they have for work and family.

**May 22, 2024 from 1-1:30 p.m. ET**

**Take a Deep Breath**

Sometimes all you need is to just take a deep breath! One of the quickest and easiest tools to manage our stress is to utilize our breath. This session goes over the physiological health benefits of using our breath, various breathing techniques as well as the importance of respiratory health and keeping healthy lungs.

**May 29, 2024 from 1-1:30 p.m. ET**

**Healthy Sleep Habits**

The importance of sleep should be a priority as proper sleep hygiene can impact one's ability to manage stress and time, defeat weight gain, and reduce the risk of some illnesses. Most Americans get less than the recommended 7-8 hours per night and suffer the consequences each day. This session helps participants understand the importance of sleep and how they may be able to fit in the recommended amount.

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

**Align, Breath and Control: the ABC's of stretching!**

This class provides guided stretches from top to toe! Please have supportive props to enhance our stretching techniques such as a tennis ball (or another ball similar in size), a yoga block, and a thera band (or a yoga strap) to assist and deepen your stretch. Each guided stretch includes breathing techniques to help us enjoy and improve our overall functional movement.

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

**May 9, 2024 from 1-1:30 p.m. ET**

**May 16, 2024 from 1-1:30 p.m. ET**

**May 23, 2024 from 1-1:30 p.m. ET**

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