



# 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**

<https://us02web.zoom.us/j/946535238>

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

Attendees are invited to use their webcams (live class)

<https://us02web.zoom.us/j/89040528115>

**Passcode 203720**

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

<https://us02web.zoom.us/j/580279161>

### 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**

<https://us02web.zoom.us/j/996948529>

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

<https://us02web.zoom.us/j/88213176780>

### 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**

<https://us02web.zoom.us/j/959837402>

### 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**

<https://us02web.zoom.us/j/528276681>

### 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**

<https://us02web.zoom.us/j/85306107926>

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

For past sessions, visit [youtube.com/@LivingWellPoint32Health](https://youtube.com/@LivingWellPoint32Health)