

Living Well Programs Schedule

Most programs are free unless otherwise noted, and offered to all members and non-members alike, compliments of MVP.

Registration for all classes will open at 9 am on Tuesday, March 26.

Visit mvphealthcare.com/calendar to register for all classes and for full class details. **Space is limited and registration is required.**

For questions or assistance registering for classes, call the MVP Medicare Customer Care Center at **1-800-665-7924** (TTY 711). Class schedules are subject to change.

Vermont In-Person Programs

Always check with your doctor before beginning an exercise program. For accommodations of persons with special needs, call **1-800-665-7924** (TTY 711).

Strength and Striders

Wednesdays, April 10–May 15 **9:30–10:30 am**
St. Albans City Hall
100 North Main Street, St. Albans

Thursdays, April 11–May 16 **9:30–10:30 am**
University Mall
155 Dorset Street, South Burlington

In partnership with Age Well Vermont. Moving through a total body circuit workout, we will incorporate weights, balance exercises, and low impact cardio—walking at your own pace.

Yoga for Well-Being

Thursdays, April 11–May 16 **4–5 pm**
***No class April 25**
120 Summit Circle, Brattleboro

Join us for an accessible and invigorating yoga class including movement, breathwork, and meditation.

Visit mvphealthcare.com/calendar to see more program opportunities in these regions and to register online for all classes!



Living Well