

# Living Well Programs

In collaboration with our community partners, MVP Living Well Programs provides innovative, multi-dimensional well-being initiatives, educational opportunities, and supportive resources that empower and motivate the individuals we serve to live healthy and vibrant lives.

Programming is offered to all MVP members and the community at large! We are dedicated to bringing you unique and healthy opportunities at discounted rates or free of charge. Scan the QR code or visit our link below to register for any of our programs today!

## Past programs include:

- Virtual Cooking Classes | Cornell Cooperative Extension, Albany, NY
- Virtual Zentangle (mindful doodling) Workshops | Roberson Museum and Science Center, Binghamton, NY
- Virtual Guided Meditations | Root3d, Albany, NY
- Virtual Yoga Classes | Inward Office, Rochester, NY
- Virtual Exercise Classes | Max Effort Training, Rochester, NY
- Financial Workshops | CAP COM, Albany, NY
- Virtual Gardening Series | Capital Roots, Troy, NY
- Kayaking Vouchers | Erie Canal Boat Company, Rochester, NY & Kayak Shak, Saratoga Springs, NY

To view our current Living Well Programs offerings, scan the adjacent QR code or please visit our online calendar:

[Live a Healthy Lifestyle | MVP Health Care](#)



**Questions?**

Looking for more information? Please contact: [livingwellprograms@mvphealthcare.com](mailto:livingwellprograms@mvphealthcare.com)