

# MVP Health Care<sup>®</sup>

## Wellness Center

WINTER CLASS SCHEDULE: WEST REGION (ROCHESTER, NY)

.....

MVP Health Care wants you to take on life and live well! Our health education and wellness programs can help you take charge of your health.

Classes are free or discounted to all MVP members. Some programs are open to non-members for a fee. Seating is limited; register today to reserve your spot.

Unless otherwise noted, all classes are held at the MVP Health Care Wellness Center, 220 Alexander Street, on the second floor.

Please remember to register for all activities. Activities without sufficient enrollment may be cancelled.

### To register:

- MVP Medicare Advantage plan members call MVP's Medicare Customer Care Center at **1-800-665-7924**. Representatives are available Monday – Friday, 8 am to 8 pm Eastern Time. TTY: **1-800-662-1220**.  
From October 1 – February 14, call seven days a week from 8 am to 8 pm.
- All other MVP members, as well as non-members, call **1-888-687-6277**.  
TTY: **1-800-662-1220**. OR;
- Visit **www.mvphealthcare.com** and click *Members*, then *Live Healthy* and then *Health Promotion Activities*.

### For classes with a fee:

1. To hold a seat, send your check the same day that you register for the class.
2. Make checks payable to: **MVP Health Care**
3. In the subject line, include the **Program Code** number.
4. Mail checks to : MVP Health Care, Attn: Health and Wellness Program,  
220 Alexander Street, Rochester, NY 14607

**If you are unable to attend a class you registered for, please call the MVP Customer Care Center.**

# Health and Wellness Classes

MVP Wellness Center, 220 Alexander St., second floor, Rochester

## Healthy Heart with Recipes

Monday, February 9, 2015  
10:00–11:30 am

**Program Code: 3344**

Prevention tips are the key to a healthier lifestyle. Learn to separate facts from myths and the triggers for heart attacks and stroke. You will also receive a healthy heart recipe booklet.

**Member: No charge**  
**Non-Member: \$10**

## Travel Well

Monday, March 30, 2015  
10:00–11:30 am

**Program Code: 3336**

Learn safe and simple measures to take before, during and after an extended trip. A few common precautions can help ensure your trip is everything you planned.

**Member: No charge**  
**Non-Member: \$10**

## Preventing Falls— One Step at a Time

### Three Part Series

(plan to attend all three classes)  
Thursdays, April 2, 9, and 16, 2015  
1:30–3:00 pm

**Program Code: 3283**

A simple fall can change your life forever. The good news is that most falls can be prevented. Join us for all three sessions of information and exercise to arm you with tools to reduce YOUR

risk for falls. Participants should wear comfortable clothing and sneakers.

**Member: No charge**  
**Non-Member: \$10**

## Sleep from A to Zzz's

**Location: Gilda's Club,  
255 Alexander St., Rochester**

Monday, February 16, 2015  
6:00–7:00 pm

**Program Code: 3358**

Learn simple strategies to improve your sleep without medication; what foods to choose/avoid; how to prepare your body for sleep mode; and some of the causes and treatments for sleep disorders. You will leave with strategies to try for a better night's sleep.

Gilda's Club offers free information and support to people diagnosed with cancer and their family members and friends. This program is open to the public and registration is required.

**Member: No charge**  
**Non-Member: No charge**

## Home Safety and Security

Tuesday, April 7, 2015  
1:30–3:00 pm

**Program Code: 3282**

Mike Gow joins us from Lifespan to discuss ways to stay safe in your own home.

**Member: No charge**  
**Non-Member: \$10**

# Improving Vision Series

MVP Wellness Center  
220 Alexander St., second floor  
Rochester

Featuring speakers from ABVI-Goodwill. Attend one or both sessions.

.....

## Macular Degeneration

Wednesday, March 18, 2015  
1:30-3:00 pm

**Program Code: 3362**

Age-related macular degeneration is the leading cause of visual impairment for older adults. Learn how macular degeneration affects vision, the different types (wet, dry, and combination), causes, risk factors, and current treatments.

Presented by Dr. Katherine White.

**Member: No charge**

**Non-Member: \$10**

.....

## Diabetes and Your Eyes

Wednesday, March 25, 2015  
10:30 am-12:00 pm

**Program Code: 3363**

Learn about different types of eye problems that can occur when you have diabetes, especially when it is not well-controlled. Learn how to monitor vision changes, prevention tips, and the most current treatments.

Presented by Paul Caito, O.D, Low Vision Specialist.

**Member: No charge**

**Non-Member: \$10**

# Physical Activity Classes

MVP Wellness Center  
220 Alexander St., second floor  
Rochester

Always talk with your doctor before starting an exercise class.

.....

## SilverSneakers Circuit

Mondays and Wednesdays  
January 12-March 18, 2015  
10:45-11:45 am

**Program Code: 3389**

**No class January 19**

Combine fun with fitness to increase heart and muscular endurance with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with low-impact aerobic choreography. A chair is offered for support, comfort, and head-to-toe stretching.

**Member: No charge**

**Non-member: \$95**

.....

## Bodies in Motion

Mondays and Wednesdays  
January 12-March 18, 2015  
9:30-10:30 am

**Program Code: 3385**

**No class January 19**

A fun and challenging physical activity class focusing on joint range of motion, muscle strength and endurance, flexibility, agility, balance, and coordination.

**Member: No charge**

**Non Member : \$95**

## Tai Chi

Tuesdays

January 13–March 17, 2015

2:45–3:45 pm

**Program Code: 3390**

Tai Chi is described as “meditation in motion.” Benefits can include improved balance, flexibility, and muscle strength. Introduces the Yang Style Short Form of Tai Chi.

**Member: No charge**

**Non Member: \$50**

.....

## Line Dancing

Fridays

January 16–March 20, 2015

9:30–10:30 am

**Program Code: 3391**

Learn the basic steps and you’ll quickly be dancing the “Electric Slide” and other popular dances. No experience or partner required. Leather soled shoes recommended.

Led by dance instructor  
Will Herzog.

**Member: No charge**

**Non Member: \$50**