



SUMMER 2012

Living Well Programs



MVP HEALTH CARE

Health Promotion

The Health Promotion Department provides industry-leading consultative tools, resources, and support to empower and educate people to live healthier lives.



Our Community Health Educators provide health and wellness programs for MVP members and the community throughout MVP's East Region.

For more information about our health education programs, please call a Community Health Educator:

Vicky Bueno, B.S. Gerontology 518-386-7937

Cori Delehanty, RN 518-388-2472

Health Promotion Department
625 State St., Schenectady, NY 12305

www.mvphealthcare.com



What participants say about MVP Living Well programs:

"I didn't think I could physically do this class, but I love it."

"I enjoy socializing and being motivated to stay active."

"I found the program to be interesting and educational."

"This program taught me how to improve my balance and strength."



MVP Living Well Dancers

The MVP Living Well Dancers *take on life and live well* through performances at a variety of venues including Proctors, Senior Expo, Schenectady YMCA Health Fair and local senior centers. To host an MVP Living Well Dancers performance or master class, contact Vicky Bueno at **518-386-7937**.

Program Series

Fall Prevention

This series is designed to reduce the risk of falls through education and strength/balance exercises. Each class is 90 minutes. Participants should be able to stand for 15 minutes. Contact an MVP Community Health Educator to host the series or to learn about the next *fall prevention series* near you.

Self-Care

This series explores the basics of self-care; how to manage and make the best and informed decisions about our own health. Each participant will receive the *MVP Self-Care Handbook: A Guide for People Age 50 and Older*. Learn how to navigate the many features of the *Self-Care Handbook* using real life examples! Contact an MVP Community Health Educator to host the series or to learn about the next *self-care series* near you.

MVP Striders Walking Clubs

ROTTERDAM SQUARE. Enjoy the health benefits of walking and the reward of meeting new people, rain or shine! Warm-up with an MVP Community Health Educator, walk at your own pace, then cool down with group strength and balance exercises. All are welcome!

Presentations

Living Well presentation categories include *General Wellness, Nutrition, Condition Health Management* and *The Wellness Wheel of Knowledge*. **For a complete list of topics, contact a Community Health Educator.**

Ongoing Fitness

Zumba Gold from MVP and MVP Latin Moves

Put on your Latin dancing shoes! A fun, friendly workout anyone can do (including beginners) that combines fast and slow Latin rhythms to get your heart pumping. It also tones and sculpts the body while strengthening your core.

MVP Dance Moves

Come dance with us! This class offers a variety of dance styles, and emphasizes the importance of stretching, balance, and coordination. Dance Moves includes strength training.

MVP Chair Moves

Stay as mobile and strong as possible! This chair-based class emphasizes strengthening, limbering, and stretching exercises for upper and lower limbs.

MVP Chair Yoga

A great way to keep you strong, limber, balanced and healthy! This is the practice of classical yoga poses, breathing and meditation adapted for the chair. Chair Yoga is for anyone interested in the benefits of Yoga without having to be on the floor.

NIA Moves

NIA Moves is a non-aerobic fitness fusion program blending dance, martial and healing arts. Increase your flexibility, strength and balance. Have fun and be inspired.

MVP MEMBER PROGRAM: MEDICINE BAG REVIEW

MVP members! Have a face-to-face talk with a pharmacist who will review your medications and answer questions.

THURSDAY, JULY 14

MVP Health Care, 625 State St., Schenectady

TUESDAY, JULY 31

Guilderland YMCA

250 Winding Brook Dr., Guilderland

Make an appointment today! Call Cori Delehanty, RN at 518-388-2472 or 1-800-933-3920 ext. 12472

TTY users may call 1-800-662-1220



SUMMER SESSION MONDAY, JUNE 18 - FRIDAY, AUGUST 10, 2012

Due to popularity of classes, please call phone numbers provided to register. Registration begins one week prior to start of session. Registration is required weekly. Type of Living Well classes may be subject to change to accommodate occasional substitute instructor.

LOCATION	CLASS	DAYS	TIME	DATES	
East Greenbush Community Library 477-7476	<i>Latin Moves</i>	Monday	9:30-10:15 am	June 18-July 23 No class 7/2	NEW CLASS
Rensselaer Senior Center 463-2166	<i>Zumba Gold</i>	Monday	1:00-1:45 pm	June 18-Aug. 6	
Global Fitness 792-6264	<i>Zumba Gold</i>	Tuesday	11:15 am-Noon	June 19-Aug. 7	
Niskayuna Senior Center 372-4969	<i>Chair Yoga</i>	Tuesday	1:00-2:00 pm	June 19-Aug. 7	
Shenendehowa Adult Community Ctr. 383-1343	<i>Dance Moves</i>	Tuesday	1:00-2:00 pm	June 19-Aug. 7	
Guilderland YMCA 1-800-209-3945/TTY 1-800-662-1220	<i>Latin Moves</i>	Tuesday	1:30-2:15 pm	June 19-Aug. 7	
Lake Luzerne Community Ctr. 696-6431	<i>Zumba Gold</i>	Wednesday	9:30-10:15 am	June 13-Aug. 8 No class 6/27, 7/4	NEW CLASS
JCC of Albany 438-6651	<i>Zumba Gold</i>	Wednesday	9:45-10:30 am	June 20-Aug. 8 No class 7/4	NEW TIME
	<i>Zumba Gold</i>	Wednesday	10:45-11:30 am	June 20-Aug. 8 No class 7/4	NEW CLASS
Colonie Village of Sr. Citizens 869-7172	<i>Zumba Gold</i>	Wednesday	1:00-1:45 pm	June 20-Aug. 8 No class 7/4	
Fraternal Eagles Club/Moreau 792-6007	<i>Zumba Gold</i>	Wednesday	1:00-1:45 pm	June 20-Aug. 8 No class 7/4	
Glens Falls Senior Center 793-2189	<i>Chair Yoga</i>	Thursday	10:30-11:30 am	Ongoing	
Schenectady YMCA 881-0117	<i>NIA Moves</i>	Thursday	1:00-1:45 pm	June 21-Aug. 9	
Colonie Village of Sr. Citizens 869-7172	<i>Chair Moves</i>	Thursday	12:30-1:30 pm	June 21-Aug. 9	
Stillwater Community Ctr. 664-2515 ext. 10	<i>Zumba Gold</i>	Friday	9:00-9:45 am	June 22-Aug 10	NEW TIME
Schenectady YMCA 881-0117	<i>Latin Moves</i>	Friday	Noon-12:45 pm	June 22-Aug. 10	

MVP Striders Walking Club Meets in food court at 8:00 am
Rotterdam Square

Mondays

June 11, July 9, August 13, September 10