



MVP wants to help you take on live and live well! We offer health education and physical activity programs at locations throughout the community. **Follow the registration instructions listed for each program site.**

Classes are **free or discounted** to all MVP Medicare plan members. Registration is required.

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MVP Health Care Wellness Center

220 Alexander Street, second floor, Rochester

MVP's on-site fitness and learning facility features a Movement Studio for physical activity classes and a Multi-Purpose Room to host various instructional seminars and demonstrations.

To register for classes at the MVP Health Care, 220 Alexander Street, location:

- Call the MVP Medicare Customer Care Center at **1-800-665-7924** (TTY: **1-800-662-1220**), or
- Go to **www.mvphealthcare.com**, click on *Members*, then *Live Healthy*, and then *Health Promotion Activities*.

Be sure to refer to the Program Code for each class.

For classes with a fee, after you register:

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 your check to MVP Health Care, Attn: Health and Wellness Programs, 220 Alexander Street, Rochester NY 14607.

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

Mondays

Bodies in Motion

🕒 Ongoing Fitness Class

Mondays and Wednesdays

No class May 25

April 6–June 10 9:30–10:30 am

Program Code: 3563

Focus on joint range of motion, muscle strength and endurance, flexibility, agility, balance and coordination.

MVP Member: No charge

Non-Member: \$95

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SilverSneakers Circuit

🕒 Ongoing Fitness Class

Mondays and Wednesdays

April 6–June 10 10:45–11:45 am

No class May 25

Program Code: 3564

Increase heart and muscular endurance with a standing circuit workout alternated with low-impact aerobic choreography. A chair is offered for support, comfort and head-to-toe stretching.

MVP Member: No charge

Non-Member: \$95

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Orthopedics– Hand and Shoulder

🕒 Part of the Orthopedic Series by Rochester Regional Health System. Register for one or more programs.

April 13 10:30 am–12:00 pm

Program Code: 3548

Hand and shoulder problems and treatment options.

Presenters: Dr. Peter Ronchetti and Dr. Raymond Stefanich.

MVP Member: No charge

Non-Member: \$10

Orthopedics–The Role of Physical Therapy and Rehabilitation

🕒 Part of the Orthopedic Series by Rochester Regional Health System. Register for one or more programs.

April 27 1:30–2:30 pm

Program Code: 3549

Physical therapy and rehabilitation pre- and post-joint replacement.

Presenter: Adam Shutts, PT.

MVP Member: No charge

Non-Member: \$10

Tuesdays

Home Safety and Security

April 7 1:30–3:00 pm

Program Code: 3282

Ways to stay safe in your home.

Presenter: Mike Gow, Lifespan

MVP Member: No charge

Non-Member: \$10

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Tai Chi

🕒 Ongoing Fitness Class

April 7–June 9 1:30–2:30 pm

Program Code: 3566

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.

MVP Member: No charge

Non-Member: \$50

A Matter of Balance

▶ Plan to attend all **eight** sessions
Tuesdays and Thursdays
May 26–June 18 2–4 pm

Program Code: 3595

Learn to view falls and fear of falling as controllable. Set realistic goals to increase activity. Reduce fall risks at home. Exercise to increase strength and balance. Dress in comfortable clothing and wear sneakers. Presented by Lifespan.

MVP Member: \$20

Non-Member: \$20

Wednesdays

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MVP Member: No charge

Non-Member: \$95

Death, Dying, and Dessert

▶ Part of the Life Planning series. Register for one or more programs.

May 6 10:30 am–12:00 pm

Program Code: 3493

Explore why it is important to think about dying while you are still so busy living. Presenter: Barbara Bruce, author/educator.

MVP Member: No charge

Non-Member: \$10

Building a Strong Financial Future

May 6 2–3 pm

Program Code: 3279

Learn how to develop specific, attainable financial goals that fit with your values by maintaining a simple and effective spending plan. Presented by Consumer Credit Counseling Service of Rochester.

MVP Member: No charge

Non-Member: \$10

Planning a Personal Memorial Service for You or a Loved One

▶ Part of the Life Planning series. Register for one or more programs.

May 13 10:30 am–12:00 pm

Program Code: 3517

Ways to create a memorial service that truly reflects the personality of the individual. Presenter: Mary Ellen Markant, nurse and entrepreneur.

MVP Member: No charge

Non-Member: \$10

Credit Report Scores

May 13 2-3 pm

Program Code: 3280

Learn how to order and read your credit report, dispute and correct inaccurate information, and repair and rebuild damaged credit. Presented by Consumer Credit Counseling Service of Rochester.

MVP Member: No charge

Non-Member: \$10

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Protecting Your Personal Identity

May 20 2-3 pm

Program Code: 3281

Learn what you need to do to combat identity thieves. Presented by Consumer Credit Counseling Service of Rochester.

MVP Member: No charge

Non-Member: \$10

Thursdays

Fall Prevention Program

▶ Three-part program. Plan to attend all **three** classes.

April 2, 9, and 16 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. Wear comfortable clothing and sneakers, and be prepared to move.

MVP Member: No charge

Non-Member: \$10

Five Money Questions for Women

May 7 6:30-7:30 pm

Program Code: 3469

Women face unique financial circumstances. Ensure your financial strategy fits your lifestyle and needs. Presenter: Jessica Millan, Financial Advisor, Edward Jones.

MVP Member: No charge

Non-Member: \$10

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An Overview of Parkinson's Disease

May 14 1-3 pm

Program Code: 3552

Review Parkinson's symptoms, diagnosis, and treatment options, current research, and services available in the Rochester community. Presented by HCR Home Care and the National Parkinson Foundation Greater Rochester.

MVP Member: No charge

Non-Member: \$10

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Ready or Not? Preparing for the Unexpected

May 14 6:30-7:30 pm

Program Code: 3470

Life is full of surprises that can greatly impact your financial situation. We'll outline a proactive strategy to help protect your family's finances. Presenter: Jessica Millan, Financial Advisor, Edward Jones

MVP Member: No charge

Non-Member: \$10

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MVP Member: \$20

Non-Member: \$20

Fridays

Line Dancing

▶ Ongoing Fitness Class
April 10–June 12 9:30–10:30 am

No class May 15

Program Code: 3567

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.

MVP Member: No charge

Non-Member: \$45

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Creating a Garden for Butterflies, Birds, and Bees

May 1 1:30–3:00 pm

Program Code: 3530

How specific plants, feeders and nesting boxes will attract butterflies, birds and bees to your yard. Presenter: Ken Harbinger, Master Gardener, Cornell Cooperative Extension.

MVP Member: No charge

Non-Member: \$10

Funerals from a Consumer's Point of View

▶ Part of the Life Planning series. Register for one or more programs.

May 8 10:30 am–12:00 pm

Program Code: 3518

Learn how to preplan funeral arrangements and the related legal issues to avoid making costly mistakes.

Presenter: Dan Hollands, FCA.

MVP Member: No charge

Non-Member: \$10

NEW PROGRAM SITE FOR 2015!

Westside YMCA- MVP Health Care Living Well Center

920 Elmgrove Road, Rochester

The MVP Health Care Living Well Center is a partnership between MVP, the YMCA, the United Way and Lifespan. The purpose of the Center is to promote successful aging by providing an engaging atmosphere that creates a sense of community and encourages life-long learning.

To register for classes, call the Westside YMCA MVP Living Well Center at **585-341-3075** or MVP Medicare Health Promotion at **585-327-2569**. Be sure to refer to the Program Code for each class.

Tuesdays

Orthopedics-Hip and Knee

▶ Part of the Orthopedic Series by Rochester Regional Health System. Register for one or more programs.

April 21 1:30–2:30 pm

Program Code: 3546

Common hip and knee conditions and treatment options.

Presenter: Dr. Michael Colucci.

From Fear of Falling to Calm and Confident

April 28 1:00–2:30 pm

Program Code: 3492

How to address attitudes and emotions that keep you stuck due to your fear of falling.

Presenter: Dylan Mariah, RN, counselor and fitness instructor.

Orthopedics- Foot and Ankle

▶ Part of the Orthopedic Series by Rochester Regional Health System. Register for one or more programs.

May 5 1:30–2:30 pm

Program Code: 3547

Treatments for foot and ankle pain. Presenter: Dr. Luke Loveys

Surviving Seniorhood: Tips, Tools, and Straight Talk About Getting Older

May 12 1:00–2:30 pm

Program Code: 3506

A humorous and compassionate look at the special physical, emotional and spiritual challenges we face as we age.

Presenter: Dylan Mariah, RN, counselor and fitness instructor.

Golden Sexuality

June 2 1-2 pm

Program Code: 3524

A discussion of myths and realities surrounding intimacy, sex and aging. Please be advised this presentation contains mature content.

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Health Care Transformation

June 9 1:00-2:30 pm

Program Code: 3504

Understand the changes in health care and learn how you can benefit as a savvy consumer. Presenter: Dr. Mervyn Weerasinghe.

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Understanding Sleep and Sleep Disorders

▶ Part of the Sleep Series.
Register for one or more programs.

June 16 1:30-2:30 pm

Program Code: 3498

The latest trends and treatments for insomnia and other sleep disorders.
Presenter: Dr. Jazeela Fayyaz.

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Medication Questions and Answers

June 23 1:00-2:30 pm

Program Code: 3505

Answers to many of your questions about a variety of medications. Presenter: Dr. Mervyn Weerasinghe.

Dreamweavers

▶ Part of the Sleep Series.
Register for one or more programs.

June 30 1:00-2:30 pm

Program Code: 3508

A discussion of dreams and how to become more aware of hidden meanings that may be the subconscious mind creating avenues for problem-solving during waking hours. You will receive a Dream Diary.

Thursdays

Take Three Deep Breaths: Relaxation Breathing Techniques

April 23 1:00-2:30 pm

Program Code: 3522

Explore how the breath can heal, re-energize, relax, refresh, and bring a sense of calm to your life. Wear loose and comfortable clothing.

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Mindful Meditation

April 30 1:00-2:30 pm

Program Code: 3523

Learn the basics of mindful meditation for a great sense of calm and relaxation for body and mind. This class is most suitable for those with little or no prior experience in meditation.

Health Foods That Aren't

May 14 1:00–2:30 pm

Program Code: 3507

Learn to separate the facts from fiction about these “health” foods so that you can make wise food choices.

Orthopedics-Preventing Sports Injuries for Active Older Adults

▶ Part of the Orthopedic Series by Rochester Regional Health System. Register for one or more programs.

May 28 1:30–2:30 pm

Program Code: 3550

Ways to prevent sports injuries and treatment options if you have an injury.

Presenter: Dr. John Gibbs.

NEW PROGRAM SITE FOR 2015!

The Villages at Unity

1471 Long Pond Road, Rochester

(On the Unity Hospital Campus)

Held at The Village Square, a modern community center created to inspire lively socializing within The Villages at Unity community.

To register for classes at **The Villages at Unity**, call Suzanne Feather at **585-327-5743**. Be sure to refer to the Program Code.

Tuesday

Stroke Prevention and Treatment

April 21 10:30–11:30 am

Program Code: 3509

Learn the signs and symptoms of a stroke so you can act F.A.S.T. to get the help you need. Presenter: Dr. Chris Burke, Rochester Regional Health System.

NEW FITNESS SERIES AND LOCATION

Gentle Yoga Moves

**St. John's Brickstone, The Wintergarden
1325 Elmwood Avenue, Rochester**

Have you heard about the health benefits of yoga, but are not quite sure what to expect in a class? Have you taken yoga in the past, but need to take a more gentle approach?

Experience the benefits of increased flexibility, strength and balance, as well as a sense of peace and calm through a series of seated and standing yoga poses. Wear loose, comfortable clothing and sneakers.

All are welcome! Compliments of MVP Health Care and St. John's.

Class size is limited and registration is required. To register, call Dawn Rivera at **585-271-1000**.

Always talk to your doctor before taking any exercise class.

Gentle Moves Yoga Demonstration

Thursday, May 7 10-11am

Join us for a "demo" of MVP's Gentle Yoga Moves class.

Program Code: 3476

Gentle Moves Yoga Weekly Classes

Thursdays, May 21-June 25
10-11am

Program Code: 3477

Seasonal Flavors Cooking Demonstration Classes at St. John's Meadows/Briarwood

1 Johnsarbor Drive West, Rochester

Join us for cooking demonstrations and tastings highlighting local and seasonal produce.

Receive a booklet of recipes and a seasonal produce guide.

Sponsored by St. John's Dining Services and MVP Health Care.

To register, call Dawn Rivera at **585-271-1000**. Be sure to refer to the Program Code for each class. If a class is full, you may be placed on a waiting list.

Seasonal Flavors Featuring Salads for Spring

Tuesday, May 19 1:00-2:30 pm

Program Code: 3444

Seasonal Flavors Featuring Salsa, Jam, and Chutney

Tuesday, June 16 1:00-2:30 pm

Program Code: 3445

Eat Smart Interactive Classes at the New York Wine and Culinary Center (NYWCC)

800 South Main Street, Canandaigua

Includes hands-on cooking and cooking demonstrations at the state-of-the-art New York Wine and Culinary Center. MVP members may be able to use their HealthDollarsSM for reimbursement of these class fees.

To register or cancel, call Suzanne Feather at **585-327-5743**. Please have your MVP Member ID number (if applicable) and the program code.

MVP Members: \$20 for each class

Non-members: \$40 for each class

Checks are payable to **MVP Health Care** and should be sent at the time of registration to hold a seat. If a class is full, you may be placed on a waiting list.

Mail checks to MVP Health Care, Attn: Eat Smart Series, 220 Alexander St., Rochester, NY 14607

Italian Cooking (Hands-on Kitchen)

Friday, April 10 1-3pm

Program Code: 3320

Food lovers go crazy for Italian cuisine. Cook, taste, and savor recipes from the heart of Italy.

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Make Your Own Pizzas (Hands-on Kitchen)

Friday, May 15 1-3pm

Program Code: 3321

The crust, dough and very fresh toppings are crucial to a good pizza. Come create and taste different pizzas.

Spring and Summer Salads (Sands Gallery)

Friday, June 19 1-3pm

Program Code: 3322

Prepare for the fresh produce to come with a variety of salads and homemade dressings. The chef will demonstrate cooking techniques and you will create and sample salads.

Eating Well with Diabetes **Cooking Demonstration Classes** **at The Cooking School at Tops**

3507 Mt. Read Boulevard, Rochester

This series will provide the resources and tools to help you take control of this chronic condition. MVP members may be able to use their HealthDollarsSM for reimbursement of these class fees.

MVP members: To register, call Cheryl Minchella at **585-327-5752**. Please have your MVP Member ID number and the program code. If a class is full, you may be placed on a waiting list.

Non-members: To register, call The Cooking School at Tops at **585-663-5449**.

Seafood Savvy

Thursday, April 30
6–8pm

Program Code: 3465

Cooking seafood can be a daunting task. Seafood Specialist, Larry Bauld, and Elva Parker, RD, CDE show how to make delicious and healthy restaurant-quality seafood recipes.

MVP Member: \$15

Non-Member: Call Tops for fee

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30 Minute Budget Friendly Meals

Friday, May 29
11am–1pm

Program Code: 3460

Cooking on a budget doesn't mean boring and flavorless meals! Join Personal Chef Ellen Adams and Sharon Spear, RD, CDE to learn a few tricks to put a healthy dinner on the table fast.

MVP Member: \$10

Non-Member: Call Tops for fee

Unique Produce

Tuesday, June 23
11am–1pm

Program Code: 3461

Have you ever walked through the produce department, seen those odd fruits and vegetables and said, "Maybe next time?" Culinary Instructor Larry Bauld and Amy Stacy, RD, CDE teach us about that unique produce. By the end of class, you will be adding them to your regular shopping list!

MVP Member: \$10

Non-Member: Call Tops for fee