

Balance, mindfulness and movement – live virtual classes available now.

As your guide to living well, our goal is to help you gain a healthier mindset, lower stress and anxiety levels, sleep better, and learn how to approach life in this uncertain time.

Whether you are looking to shake it up, stretch it out, or get centered, we've got you covered with Zumba®, yoga, guided mindfulness and wellness sessions, which are now available to everyone through our Living Well at Home programs. All programs are at no cost to you and easily accessible via Zoom.



Access all classes by visiting: harvardpilgrim.org/livingwellathome

Here's what's available now:

Yoga

Mondays and Wednesdays at 5:15 p.m. ET

Guided mindfulness

Tuesdays and Thursdays at 8:30 to 9 a.m. ET

Zumba®

Tuesdays and Thursdays at 5:15 p.m. ET

Health and wellness webinars

Wednesdays at 1 to 1:30 p.m. ET



For a full list of our Living Well at Home virtual classes, including well-being webinars, mindfulness sessions, fitness offerings and more, visit: harvardpilgrim.org/livingwellathome.

Check back often to see what's new!