



Living Well at Home

Free virtual wellness
classes & webinars



Our well-being programs are here for you when you need them the most. 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 available to everyone. All classes are free and easy to access via Zoom.

Guided Mindfulness Sessions

Experiment with short bursts of mindfulness instruction followed by mini meditations led by our expert instructors.

Tuesdays | 8:30-9:00 a.m. ET

[Click here](#)

Wednesdays | 8:30-9:00 a.m. ET

Attendees are invited to use their webcams (live class)
[Click here](#) | [Passcode 203720](#)

Thursdays | 8:30-9:00 a.m. ET

[Click here](#)

Zumba Classes

Dance like nobody's watching! Our Zumba' classes will be the most fun you've ever had working out. Enjoy upbeat music and moves anyone can try!

Tuesdays & Thursdays | 5:15-6:15 p.m. ET

[Click here](#)

Rotating Health & Wellness Topics

These classes take a holistic look at health to help you stay physically and mentally resilient. Enjoy a variety of topics.

Wellness Wednesdays | 1:00-1:30 p.m. ET

[Click here](#)

Fitness Thursdays | 1:00-1:30 p.m. ET

[Click here](#)

Yoga Classes

Breathe in, breathe out and stretch it out with a relaxing yoga practice. These live sessions are accessible to all fitness levels and are the perfect way to wind down.

Mondays & Wednesdays | 5:15-6:15 p.m. ET

[Click here](#)

SEPTEMBER HEALTH & WELLNESS TOPICS

Wednesdays | 1:00-1:30 p.m. ET

September 7th **Daily Habits that Keep You Happy and Healthy**

According to research, healthy habits can contribute to our longevity as well as our quality of life. Engaging regularly in behaviors such as healthy eating and regular physical activity can help us manage body weight, have more energy, improve mental health, and avoid chronic diseases. This session will provide you with information on the benefits of several healthy habits together with suggestions to help you to create new health behaviors and avoid setbacks.

September 14th **Meal Prepping**

Wondering what to make for your next meal? Wondering where to start? Join this webinar where we'll discuss the steps needed to determine what's for lunch or dinner! We will be addressing menu planning, grocery shopping, and making nutritious meals that are quick and easy!.

September 21st **Managing Parent Overload**

This session is dedicated to parents who are trying to be both full-time parents and full-time employees. We will look at some of the problems parents typically have in managing time and how expectations turn into stress. Participants will leave the session with knowledge about managing stress, saying 'no' to extra activities, and feeling confident in their parenting abilities.

September 28th **No Idea What to Cook? Quick and Easy Menu Ideas**

Struggling for dinner inspiration? Leave it to us! From speedy shepherd's pie to fast fajitas, and sheet pan rosemary chicken to pasta with beans and veggies, these easy dinners are all on the table in under 30 minutes and will get the thumbs up from the whole family. Complex times call for simple foods!

Thursdays | 1:00-1:30 p.m. ET

RAQ the Barre

RAQ THE BARRE® is a fun and effective barre fitness program, blending ancient Middle Eastern movements into a modern barre workout! Our signature core barre method is designed to improve torso & hip flexibility and stability. Optional added props will boost your barre burn: light weights, medium to low resistance bands, and a small ball (A firm pillow works as a substitute).

September 1st

September 8th

September 15th

September 22nd

September 29th

OCTOBER HEALTH & WELLNESS TOPICS

Wednesdays | 1:00-1:30 p.m. ET

October 5th **Cooking with Corn**

From Mexican Street Corn to Sweet Corn Relish, let's cook with corn! In this webinar, learn how this underrated veggie can add nutritious and delicious dishes to your everyday menu.

October 12th **10 Ways to Calm Anxiety or Anxious Thoughts**

You will learn 10 ways through mindfulness, meditation, stress reduction techniques to calm your anxiety. Practicing all of them to see what resonates with you the most!

October 19th **Stress Management in the Digital Age**

Does your connection to social media cause stress in your life? Has your phone or tablet use impacted your productivity at work or ability to fall asleep at night? Are phone notifications negatively impacting your day? This engaging and interactive webinar will help you improve your relationship to technology, especially in today's ever-changing work environment.

October 28th **Sweet Math: How to subtract added sugar from your diet**

Sneaky sugar finds its way into everything from salad dressing to marinades to bread. It can be challenging to lower your added sugar intake when you don't know where to find it! This session will focus on the importance of limiting added sugars in your diet, and tips for what foods to double check, and which to avoid completely. We'll end with some lower sugar substitutes for your favorite recipes.

Thursdays | 1:00-1:30 p.m. ET

Chair Yoga

Chair yoga is a gentle form of yoga that is beneficial for all ages and abilities. It can be done sitting in any type of chair and/or uses a chair to support and help modify poses. It can be a useful tool while sitting at a desk all day or for those with limited mobility to stretch and strengthen muscles. During the four-week series, a yoga instructor will guide you through 30 minutes of poses to increase flexibility and strength and promote good posture.

October 6th

October 13th

October 20th

October 27th