

# MVP Living Well Programs

## Mental Health Awareness Month

During the month of May, MVP Living Well programs will be offering FREE mental health and well-being opportunities. These programs are open to everyone, both MVP members and non-members.

### May in Motion

Our month-long challenge to keep you moving every day!

### 15-minute “Brain Break” workshops

#### Chair Yoga

May 3, May 9, May 19, and May 23

#### Mindful Doodle Sessions

May 6, May 10, May 18, and May 26

#### Guided Meditations

May 4, May 12, May 20, and May 24

### Mental Health Association of NY webinars

#### Creating a Wellness Mindset

May 5

#### Grief: The Most Universal of all Feelings

May 25

### Capital Roots

#### Eating to Optimize Mental Health

May 12

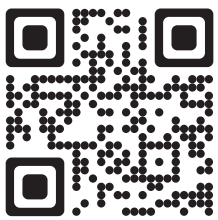
### Alzheimer’s Association webinars

#### Effective Communication Strategies

May 17

#### Healthy Living for your Brain and Body

May 25



To learn more and to register for any of these programs, use your smartphone to scan to QR code. Or, visit [mvphealthcare.com/calendar](https://mvphealthcare.com/calendar) to register for these, or any other upcoming Living Well programs!

