



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, strength training, 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](#)

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.

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

[Click here](#)

Thursdays | 1:00-1:30 p.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](#)

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](#)

Strength Training classes

These sessions will get you ready to start your day! A quick warm up to get started, moving through various strengthening exercises and closing with some stretching. Weights are optional.

Tuesdays & Thursdays | 7:30-8:00 a.m. ET

[Click here](#)

For future and past sessions, visit tuftshhealthplan.com/livingwellathome

MAY HEALTH & WELLNESS TOPICS

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

May 3, 2023 from 1-1:30 p.m. ET

Want to improve brain power, mood, and performance in as little as 12 minutes a day?

Meet Dr. Amishi Jha, neuroscientist and best-selling author of PEAK MIND.

For over a decade, Amishi Jha has been working with elite athletes, first responders, corporate leaders, the U.S. military, and others to help them perform at the highest level in demanding, high stress, environments. Join us for this interactive discussion in which we'll show you how you can apply these techniques in your own life.

May 10, 2023 from 1-1:30 p.m. ET

Moving Past Your Comfort Zone to Conquer Fear

Do you let fear hold you back? Are you worried about making decisions and their consequences? In this session, we will discuss what fear is, the natural fight, flight and freeze response and how to move past stress and fear of the unknown. Start conquering fear in just a few easy steps!

May 17, 2023 from 1-1:30 p.m. ET

Food for Thought: Superfoods to Boost Memory, Mood, and Mental Functioning

Can't remember where you left the keys? Feeling tired and down? Learn the tools of nutritional success for enhancing your brain power, increasing your energy, and improving your mood.

May 24, 2023 from 1-1:30 p.m. ET

Self-Care Essentials

Build a practice of self-care that will strengthen and sustain you throughout the year. Learn relaxation and mindfulness skills that will shed stress and build joy. What do you need to thrive? Choose from a menu of self-care options and come up with some of your own! Take time to reflect and connect as you create your personal care plan. You are worth it!

May 31, 2023 from 1-1:30p.m. ET

Sleep and Nutrition

Good nutrition and restful sleep go hand in hand. When one is compromised, it can disrupt the other. Learn how sleeping well can help control weight and revitalize the mind and body. Discover foods, herbs, teas and nutrients that can enhance sleep and others that may interfere with it. Find out about the healthy habits that set the stage for better sleep.

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

Weight Training

Weight Training prevents the loss of muscle mass and helps to strengthen your muscles, bones and joints while boosting your metabolism. Follow along on this series to learn a variety of weight training exercises and programs using body weight, dumbbells and resistance bands.

May 4, 2023 from 1-1:30 p.m. ET - Full Body Beginners Workout

May 11, 2023 from 1-1:30 p.m. ET - Upper Body Focus Workout

May 18, 2023 from 1-1:30 p.m. ET - Lower Body Focus Workout

May 25, 2023 from 1-1:30 p.m. ET - Push/Pull – Upper/Lower Split Workout

JUNE HEALTH & WELLNESS TOPICS

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

June 7, 2023 from 1-1:30 p.m. ET

Super Easy and Delicious Appetizers

Join us as we make two super easy and delicious appetizers - Curry Roasted Chickpeas and Greek Seven-Layer Dip. Both are perfect for either a simple snack or effortless summer entertaining!

June 14, 2023 from 1-1:30 p.m. ET

8 Steps to Making the Healthiest, Most Delicious Salads!

Making salads can be a fun and easy way to meet your daily requirements of fruits and vegetables! During the webinar you will learn simple, delicious ways to get four servings of vegetables in just one meal.

June 21, 2023 from 1-1:30 p.m. ET

Learn to Make a Favorite Weeknight Dinner

Join us as we make Pan Cherry Tomato Gnocchi! Paired with a simple shaved Brussels Sprout Salad, it makes the perfect early summertime meal.

June 28, 2023 from 1-1:30 p.m. ET

Indulge your Sweet Tooth with Some Healthy Desserts!

Join us as we make two simple summer desserts - Cherry Clafoutis (a French dessert made with fruit with a custard-like cream filling) as well as Frozen Yogurt Bark.

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

Chair Yoga

Join us for an all-levels chair yoga class including gentle, meditative movement of all the joints with a focus on breath. You'll leave the session feeling relaxed, alert, and more connected to your body!

June 1, 2023 from 1-1:30 p.m. ET

June 8, 2023 from 1-1:30 p.m. ET

June 15, 2023 from 1-1:30 p.m. ET

June 22, 2023 from 1-1:30 p.m. ET

June 29, 2023 from 1-1:30 p.m. ET