

Harvard Pilgrim Health Care

Living Well at Home with Virtual Wellness Classes

Well-being programs for you when you need them the most.

Check out Harvard Pilgrim's latest complimentary offerings including webinars that cover everything from stress to sleep and even mini meditations.

These sessions are easy to access via Zoom.

Click [HERE](#) to find out more & get started!

Guided Mindfulness Sessions:

Tuesdays and Fridays 8:30 to 8:50 a.m. ET

Mindfulness can help us feel connected and get centered. Experiment with short bursts of mindfulness instruction, followed by mini meditations, led by our team of expert instructors.

Health and Wellness Webinars:

Wednesdays 1 to 1:30 p.m. ET

- ⇒ The Power of Your Fork and Knife – Tips to Eat to Reduce Inflammation, Boost Immunity and Feel Good! – **April 1, 2020**
- ⇒ Stress Less as Life Changes – **April 8, 2020**
- ⇒ Creating Computer Comfort – **April 15, 2020**
- ⇒ Sleep from A to ZZZs – **April 22, 2020**
- ⇒ You Got This – Easy Ways to Eat Better (and Stay Sane) – **April 29, 2020**

More sessions coming soon! Check back often to see what's added next.

Harvard Pilgrim Virtual Wellness Classes are complementary and are being offered to employees, retirees and dependents of Mayflower Municipal Health Group member units. Always contact your health care provider before beginning a new exercise or nutrition program, and when you have questions and concerns about medical issues impacting you and your family.