



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

JULY HEALTH & WELLNESS TOPICS

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

July 12, 2023 from 1-1:30 p.m. ET

Better Breakfasts for Lazy Mornings

Check out our make ahead breakfast cookies and quick & easy smoothie and parfait ideas to help make breakfast a little easier, healthier and tastier.

July 19, 2023 from 1-1:30 p.m. ET

Create Your Own Culinary Garden

Having your own kitchen garden can be fun, nutritious, and budget friendly. Learn basic tips for planting and caring for herbs and simple veggies on a patio, windowsill, or in your back yard.

July 26, 2023 from 1-1:30 p.m. ET

Build Skills for a Healthy Mindset

Learn different skills that can support better mental health, improve sleep and have a variety of other health benefits. The session includes learning skills such as meditation, grounding techniques and breath work.

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

Boot Camp

Join in on a ½ hour high intensity boot camp that will get your heart rate up! Strengthen your muscles as well as improve your speed and agility all in one workout. This boot camp will include bodyweight and cardio exercises.

July 13, 2023 from 1-1:30 p.m. ET

July 20, 2023 from 1-1:30 p.m. ET

July 27, 2023 from 1-1:30 p.m. ET

AUGUST HEALTH & WELLNESS TOPICS

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

August 2, 2023 from 1-1:30 p.m. ET

Power of Positivity

What happens when you discover how to view your cup as half full? Join this program to learn about the research on positivity. Positivity impacts our health, our coworkers, and overall success. The webinar also provides participants with an interactive exercise on creating a positive mindset.

August 9, 2023 from 1-1:30 p.m. ET

Healing Benefits of Mother Nature

The healing benefits of mother nature! Do you remember the last time you went outside, took a deep breath in and noticed the clean outdoor air? This session is all about nature and how it can be healing in so many ways.

August 16, 2023 from 1-1:30 p.m. ET

Reconnecting with Your Passion, Power and Purpose

Do you feel alive and engaged in life? Are you fulfilling your potential and pursuing your interests? Join this webinar to reconnect to the things and people that bring you joy and meaning.

August 23, 2023 from 1-1:30 p.m. ET

Self-Compassion

All individuals are on a spectrum of struggling with negative self-talk and illustrating self-compassion whenever we make mistakes. It is really hard to believe the story we have been telling ourselves is not serving us, especially when our society supports outcome-based results. This mindset limits your happiness and potential.

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

Health and Happiness

In uncertain and unusual times, maybe you feel that you could use a dose of laughter. We've all heard that laughter is the best medicine so why not take a respite - a happiness break- and make it a daily intention. In this webinar, you will learn about the science-based benefits of laughter for your health as well as suggestions for harnessing it.

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

Intro to Tai Chi

Tai Chi is an ancient Chinese martial art and mind-body practice that incorporates slow, flowing movements and deep breathing. It is often referred to as a moving meditation. Tai Chi is characterized by its graceful and continuous movements, which are performed in a slow, relaxed manner. The practice of Tai Chi aims to promote balance and harmony within the body and mind. It combines physical postures, known as forms or sequences, with focused attention and deep breathing.

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

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

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

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

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