

# It's OK to feel stressed and overwhelmed.

Harvard Pilgrim is here to help everyone gain a healthier mindset, sleep better, improve mobility and reduce stress and anxiety with their Living Well at Home virtual wellness classes.

## Please check out their Living Well at Home virtual wellness classes

Whether you are looking to shake it up, stretch it out, or get centered, they've got you covered with Zumba®, yoga, guided mindfulness, and wellness sessions, which are now available to everyone through their Living Well at Home programs. All programs are at no cost to you and easily accessible via Zoom.

### Guided mindfulness sessions

With mini-meditations and short bursts of instruction guided by their team of experts, Harvard Pilgrim has made it easy to give mindfulness a try. All classes are accessible via Zoom.

#### Mindfulness

Tuesdays and Fridays at 8:30 a.m. ET

All sessions are available in their library. Visit [harvardpilgrim.org/livingwellathome](https://www.harvardpilgrim.org/livingwellathome) to check out the recorded sessions.

### Well-being webinars, yoga classes, Zumba sessions and more

In addition to guided mindfulness sessions, Harvard Pilgrim has created a series of programming built to improve your well-being while social distancing. Programs include:

#### Yoga

Mondays and Wednesdays at 5:15 p.m. ET

#### Zumba

Tuesdays and Thursdays at 5:15 p.m. ET

#### Wellness webinars

Wednesdays at 1 p.m. ET



Check out their full list of programming with links to the live Zoom sessions and additional information by visiting the [harvardpilgrim.org/livingwellathome](https://www.harvardpilgrim.org/livingwellathome).

Check back regularly as they continue to update this list with new and exciting programs.