



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, 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 | 5:00-6:00 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 | 5:00-6:00 p.m. ET

[Click here](#)

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

MARCH HEALTH & WELLNESS TOPICS

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

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

Motivating Yourself for Wellness

Discover strategies to motivate yourself to eat better, move your body, and take care of yourself!

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

Beyond the Iceberg: Great Greens

Explore a wide variety of leafy greens and the health benefits of incorporating them into your diet.

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

Irish Brown Bread Scones

Treat yourself to a healthier version of scones - these are made with Irish Whole Meal flour (made with wheat germ and bran) which provides a healthy dose of whole grain flour. These are made with just 6 ingredients and could not be easier!

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

Spring Renewal

Spring is classically known for being about rebirth and regeneration. After a long winter, we will discuss a variety of ways to ground and restart for the spring!

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

Clean Green

Explore the best non-toxic and eco-friendly home cleaning products to use and learn how to make your own homemade green cleaning products.

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

LIIT- Low Intensity Interval Training

LIIT Training brings to you the best of balance, core, and low endurance exercises. All exercise levels will benefit for each compound low intensity movement sequence with special attention to form and technique. Your LIIT workout may be enjoyed using body weight only, light weights and/or low intensity resistance bands as additional additions.

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

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

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

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

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

APRIL HEALTH & WELLNESS TOPICS

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

April 5, 2023 from 1-1:30 p.m. ET

Self-Trust and Tapping into Your Intuition

Self intuition is one of our strongest assets and yet often a difficult skill to tap into. In this session, we will discuss the definition of intuition, tips and techniques and how to listen and trust our inner selves.

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

The 10 Foods You Should be Eating

Have you ever wondered what foods will give you the biggest health benefit while being inexpensive, easy to prepare and tasty? This session explores these foods and how to prepare and use them in your everyday meal preparation.

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

Act As If: A Science-Based Approach to a Happier You

Victorian Philosopher William James, also known as the 'father of psychology' said, "If you want a quality, act as if you already have it." In this fun, interactive presentation, learn how to feel happier, confident, and more persuasive! Learn how you can change your mood, mind, and thoughts through physical behavior. Don't just think, do!

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

Mindful Eating Close-up: Stress Eating Solved!

Do you turn to food when you are stressed? Get help and hints to cope with stress without overeating. Taking a mindful approach to eating can help with weight loss and maintenance and can enhance health and digestion. Mindful eating tips will be shared.

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

Self-Defense

This self-defense class will empower you, allow you to walk with confidence, be brave and give you the knowledge and ability to protect yourself. You will learn the basics of Krav Maga which is designed to be practical and intuitive for people of any age, shape, or size. The four-week session will be built on the past week but can also be joined as standalone sessions.

April 6, 2023 from 1-1:30 p.m. ET

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

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

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