

# MVP Living Well Programs

## Mental Health Awareness Month

MVP is offering free, virtual programs throughout the month of May to support mental health. These classes can teach you how to eat mindfully, manage stress and anxiety, and to sleep better.

### Quick Break Exercises

**20-Minute Guided Meditation Break**

Mondays, April 8–June 10, 10–10:20 am

**15-Minute Chair Yoga**

Mondays, April 8–June 10, 12:15–12:30 pm

### Educational Activities/Presentations

**Meditation for Anxiety**, May 8, 12:15–1 pm

**Mental Health Awareness**, May 9, 12–1 pm

**The Art of Mindful Eating**, May 14, 12–12:30 pm

**The Power of Journaling**, May 15, 12–1 pm

**Healthy Sleep Habits**, May 15, 4:30–5:15 pm

**Mindful Eating in Everyday Life**, May 21, 12–12:30 pm

### Self-Paced Challenge

**Mindfulness-Based Stress Reduction**

Daily, May 6–June 10



To see all of our current programs and to register—scan the QR code or visit [mvphealthcare.com/calendar](https://mvphealthcare.com/calendar).

