

MVP Living Well Programs Mental Health Awareness Month Offerings

All links to individual programs can be found in the calendar boxes.
To register for the May in Motion Month-long Challenge register [HERE](#)

Monday	Tuesday	Wednesday	Thursday	Friday
2 May in Motion begins! May 2-May 29	3 10:30-10:45 AM Chair Yoga Register HERE	4 8:30-8:45 AM Guided Meditation Register HERE	5 12-1 PM MHANYS Creating a Wellness Mindset Register HERE	6 12-12:15 PM Mindful Doodling (floral) Register HERE
9 12-12:15 PM Chair Yoga Register HERE	10 10:30-10:45 AM Mindful Doodling (floral) Register HERE 12-1 PM MVP Mental Health Awareness Presentation Register HERE	11 12-12:30 PM MVP Behavioral Health Case Management Overview (members) Register HERE	12 12-1 PM Capital Roots: Eating to Optimize Mental Health Register HERE 3:15-3:30 PM Guided Meditation Register HERE	13
16	17 12:00-12:30 PM Alzheimer's Association: Effective Communication Strategies Register HERE	18 12-12:15PM Mindful Doodling (purk) Register HERE	19 3-3:15 PM Chair Yoga Register HERE	20 12-12:15 PM Guided Meditation Register HERE
23 12-12:15 PM Chair Yoga Register HERE	24 12-12:15 PM Guided Meditations Register HERE	25 12:00-12:30 PM Alzheimer's Association Healthy Living For Your Brain and Body Register HERE	26 12-1 PM MHANYS Grief: The Most Universal of All Feelings Register HERE 4-4:15 PM Mindful Doodling (purk) Register HERE	

Scan our MVP LWP QR code to register for the above programs and for access to all of our free or discounted programs! Most are open to **ALL** (MVP members and non-members)!