

Living Well at Home with Virtual Wellness Classes

Well-being programs to keep you healthy and relaxed while at home.

Harvard Pilgrim's virtual well-being offerings include live mini meditation sessions and webinars that cover topics from working well at home to how to get a better night's sleep. All are available at no cost to you and will be easy to access via Zoom.



Guided mindfulness sessions

Tuesdays and Thursdays
from 8:30 a.m. to 8:50 a.m. ET

Experiment with short bursts of mindfulness instruction, followed by mini meditations, led by a team of expert instructors.



To access the
Tuesday session, visit

<https://zoom.us/j/946535238>.



To access the
Thursday session, visit

<https://zoom.us/j/580279161>.

Health and wellness webinars

Wednesdays from
1 p.m. to 1:30 p.m. ET

Harvard Pilgrim's well-being webinars cover a variety of topics from stress reduction techniques to sleep to foods that fight inflammation and more. All webinars are at no cost to you and easy to access via Zoom. Join the sessions live at 1 p.m. every Wednesday or check out our recorded sessions. For all that and more please visit: harvardpilgrim.org/livingwellathome.



To access all sessions, visit

<https://zoom.us/j/996948529>.