



Virtual Wellness Activities

All at Your Convenience Whether You Are
at Home or on the Go

Dear Municipal Employees,

The MIIA Wellness Team is pleased to share with you a month's full of free activities, including live ZOOM wellness classes. Please see program descriptions below with registration information for each class.

We hope this selection of wellness classes and activities will bring both some ease and energy to your lives in this difficult time.

Warm regards,

The MIIA Wellness Team

*To join by Zoom, you will need a device with camera and microphone.

We recommend you test it out by clicking the Zoom link in advance.

New Zoom Raffles!

We are now raffling off prizes in most of our zoom sessions. All attendees, whether MIIA subscribers or not, are eligible. MIIA will announce the raffle prize at the start and choose winners at the close of the classes.

Stretch & Strength

Mondays, May 9 to June 6, 2022 (skipping May 30), 5:00-5:45 pm

Get a full body strength workout plus incorporate at least 10 mins of stretching in every class. Join certified fitness instructor Linda Ubertini for this energizing and restorative class suitable for all fitness levels. No equipment is necessary. Weights are optional and everyday household alternatives will also be suggested as options.

[Register here.](#)

Barre Cardio

Tuesdays, May 10 to May 24, 2022, 5:30-6:00 pm

This class, led by Certified Fitness Instructor Kim Crowley, combines movements derived from ballet with cardio, pilates, and toning. This full-body workout is great for developing body awareness, balance, and coordination while getting your heart rate up, and it is adaptable to all fitness levels. A chair and a mat or towel is all you'll need for class.

[Register here.](#)

Strength Training

Thursdays, May 12 to June 2, 2022, 4:15-4:45 pm

Get a full body strength workout in just 30 minutes! Join certified fitness instructor Linda Ubertini for this energizing class suitable for all fitness levels. No equipment is necessary. Weights are optional and everyday household alternatives will also be suggested as options.

[Register here.](#)

Move Better Mobility

Wednesday, May 18, 2022, 4:30-5:00 pm

Do any of the below apply to you?

- Are you held back from completing daily tasks or activities you love due to body aches?
- Are you tired of worrying about throwing your back out?
- Do you have trouble rotating, reaching overhead, squatting, or getting down to the floor?

If you answered yes, to any of the above, (and even if you didn't, you may at some point) then the MIIA Move Better Mobility Program is for you! Join Certified Personal Trainer and Mobility Specialist, Kate Kuzminski as she offers tips to incorporate mobility and flexibility exercises into your routine. Kate will take participants through a series of mobility movements that will help improve balance, improve overall mobility, and flexibility, and decrease the risk of falls, and other injuries. A mat is recommended, but not required. Appropriate for all fitness levels.

[Register here.](#)

MIIA Wellness Videos Are Now at MIIAWinners.org

Enjoy unlimited, on-demand access to recorded wellness video content including fitness/exercise, nutrition, weight management, self-care, and more on an easy access portal. All you have to do is click on the below link and follow the directions to view the full library of over 50 wellness videos anywhere, anytime. [Click here](#) for instructions.

NEW Recorded Fitness Class — 15 Minute Mini Boot Camp for All Fitness Levels

Join Cassandra Jean-Michel, Certified Fitness Instructor, for a total body workout that will leave you feeling strong, powerful and accomplished. With modifications for every exercise you can workout at your own pace. No equipment necessary.

These Programs and Resources are Available to You 24/7

EX Program — a free digital tobacco cessation program built by Truth Initiative in collaboration with the Mayo Clinic Nicotine Dependence Center. [Visit now](#) to get started! [Learn More](#). *Only available to those on a MIIA/BCBS health plan.

Good Health Gateway® Diabetes Care Rewards Program — You and your dependents are eligible to participate if you are enrolled in a MIIA Health Benefits Trust sponsored health plan and have pre-diabetes or any type of diabetes. This program helps you lead a healthier life through effective management of your condition. And, when you meet the program requirements, you will receive your diabetes medications and supplies for \$0 copays. [Learn More](#).

Learn to Live — provides free and confidential online programs for individuals and their family members (ages 13 or older) who are experiencing stress, anxiety & worry, depression, social anxiety, substance use, and insomnia. To get started, visit [Learn to Live](#) and enter the code: MIIA. All may participate regardless of health plan membership.

Quizzify helps you become a wiser health care consumer, save money and improve your health! Every month we will send you a 10-question quiz about healthcare, health and lifestyle. Monthly drawings! All you have to do is play 3 months in a row...and you too can win. All may play, but only those on MIIA/BCBS health plans are eligible for gift cards. [Login or Register](#) to play today!

[Learn More](#).

Ompractice — Don't forget our super platform for taking free LIVE ONLINE yoga and meditation classes from home! New classes: Pilates, iRest Yoga Nidra, Tai Chi and Qigong. All employees, and their immediate families, who work for municipal groups in the MIIA Health Benefits Trust are eligible. **Learn More**. Sign up **here**.

MIIA AllOneHealth EAP is a confidential 24/7 counseling and referral service for help with problems large and small. Open to all employees and household members. Common work/family issues include couples counseling, parent/child issues, elder care resources, financial or legal concerns, and much more.

The EAP helps managers with professional issues too, such as conflicts between co-workers, difficulties in supervision/management, dealing with difficult employees, building stronger teams, and improving communication. Call the toll-free number **800-451-1834** or **visit the website**.

Wellness Phone Coaching can help you create personalized strategies for a healthier lifestyle. Topics include improving self-esteem, developing resilience, losing weight, maintaining weight loss, tobacco cessation, enhancing relationships and more. Our professionally trained coaches provide free 1-on-1 telephone coaching (maximum of 10 coaching calls per year). Open to all MIIA/BCBS members. **Learn more**.

Free Meditation Resources

During difficult times stress on the mind and body is inevitable. Meditation can be helpful in managing stress, anxiety and a variety of medical conditions. Carve out a little time each day for a guided meditation using any of the links below.

Tara Brach Meditations

Benson-Henry Institute

Self-Compassion Guided Meditations and Exercises

Mindfulness Center at Brown is offering free online mindfulness practices of varying lengths every day of the week for all employees and their families regardless of health plan membership. **Click here** to view Community Mindfulness Sessions available live online or by telephone.

Free Virtual Fitness Resources for all employees and their families regardless of health plan membership **click here**.

Free Mental Health Resources for Employees and Their Family Members for all regardless of health plan membership **click here**.