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Living Well Brief

August 2025 | Provided by Living WellSM at Harvard Pilgrim





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Welcome to August

This month's content continues our virtual summer camp adventure that we started in July. We'll explore even more aspects of classic camp life that we can draw wellness inspiration from this summer. We hope you'll be inspired to live your best "summer camp" life this month.

We hope you'll find that this month's content offers helpful reminders and resources. As always, feel free to share with colleagues, family, and friends. All *Living Well Community* classes are virtual, free, and open to everyone.

Here's to finding your inner camper!

- Your Living Well Team



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Free *Living Well Community* Webinars This Month

All classes are available to everyone – share with friends & family!

Mondays Aug. 4, 11, 18, 25	Restorative Yoga 5:30 p.m. ET	Need a refreshing reset? Restorative Yoga on Mondays offers gentle stretches and longer holds to help you relax and recharge. Perfect for any fitness level. Log in at 5:30 p.m. ET Join here
Tuesdays Aug. 5, 12, 19, 26	Tai Chi 7:30 a.m. ET	Energize your week! Tai Chi blends movement and breath to help you feel grounded, invigorated, and more mobile. Tuesdays at 7:30 a.m. Join here
	Mind the Moment in Everyday Life 12 p.m. ET	Discover how mindfulness can support you through all of life's ups and downs. This free 30-minute session on Tuesdays shows how to mind the moment, wherever you are. Log in at noon ET Join here
	Cardio Dance 5:30 p.m. ET	Shake off the day and move to the beat! Join us Tuesdays from 5:30–6:30 p.m. ET for a cardio dance class that's all fun and no pressure. Easy to follow, impossible not to smile. Join here
Wednesdays Aug. 6, 13, 20, 27	Mindfulness Practice 8:30 a.m. ET	Need a midweek dose of calm & clarity? Drop into our virtual mindfulness session every Wednesday morning at 8:30 a.m.. Practice alongside a welcoming community—feel free to have your camera on or off. Join here
	Wellness Recharge 1:00 p.m. ET	<i>Aug. 6 – Preserve the Harvest: Simple Ways to Save Your Garden Bounty</i> Too many tomatoes? More zucchini than you can handle? Join our quick session on August 6 to learn simple ways to freeze, dry, and store your summer harvest. Save those fresh flavors for months to come! August 6, 1 p.m. ET — don't miss it! Join here
		<i>Aug. 13 – Atomic Habits: Dopamine Boosters</i> A little more joy can go a long way. Join us on August 13 to learn science-backed ways to boost dopamine, ease stress, and bring more positivity into your day, one small habit at a time. Live at 1 p.m. ET. Join here
		<i>Aug. 20 – Bringing Asian Flavors to Your Table</i> Celebrate South Asian Heritage Month with fresh, bold flavors! Learn how to make crispy Cauliflower Pakoras, vibrant chutney, and soothing ginger tea at our free webinar on August 20. Join here
		<i>Aug. 27 – The Art and Science of Awareness with Rhonda Magee</i> How can mindfulness shape how we learn, lead, and live together? Rhonda Magee, author of <i>The Inner Work of Racial Justice</i> , shares insights on using awareness to build more compassionate communities. Tune in August 27! Join here
	Vinyasa Flow Yoga 5:30 p.m. ET	Ready to move? Join our Vinyasa Flow Yoga class Wednesdays from 5:30–6:30 p.m. ET to build strength, boost flexibility, and find focus in every breath. All levels welcome. Join here
Thursdays Aug. 7, 14, 21, 28	Strength Training 7:30 a.m. ET	Build strength, boost energy, and feel better – all before 8 a.m. with these 30-minute sessions. All levels welcome, weights optional. Join here
	Mindfulness Practice 8:30 a.m. ET	Start your morning with presence and perspective. Every Thursday at 8:30 a.m. Tara Healey – founder of Mind the Moment – guides a short mindfulness practice with space for reflection and questions. Join here
	Cardio Dance Sampler 5:30 p.m. ET	Step into the spotlight with our Cardio Dance Sampler: Musical Theater edition! This free, all-levels class brings Broadway-inspired choreography to your living room. It's a fun, energizing workout that's perfect for beginners and seasoned dancers alike. Thursdays at 5:30 p.m. ET. Join here



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August Wellbeing Activities

Feel free to explore these suggested wellness activities this month, and/or share them with others.

Modern Campfire Hangout

Gather a few friends for an old-school campfire evening. If you don't have access to a backyard fire pit, check if your local park allows small fire rings. Or visit a café or other local spot with a firepit table. Swap stories, roast marshmallows, play camp games, enjoy each other's company. You're aiming for good vibes with zero screens.

Start a “Do-Good” Brigade

Form a small group of friends or coworkers and challenge each other to do one kind thing each day (picking up litter, leaving a thank-you note, helping a neighbor). Check in weekly to swap stories and cheer each other on.

It's Time For Quiet Time

Block out 15 to 30 minutes this week to unplug and just be still. Find a comfy spot—outside or inside—put your phone away and let your mind wander. Read a book, notice your surroundings, jot down any thoughts that come up, watch clouds drift by, or just breathe in the quiet and calm.

Go Play

Set aside some time to do whatever you feel like doing, with no plan and no goals. Spend time on a hobby, cook something new, explore your neighborhood on foot. Change activities whenever you want. This playful freedom gives your brain a break and sparks creativity—camp-style, for grown-ups.

Turn Your Walk Into an Obstacle Course

Channel your inner kid on your next walk, and use your surroundings as a mini obstacle course. Balance along a curb, hop up on a rock or low wall, weave around trees and benches. It's a playful way to boost strength, balance, and coordination without any special equipment.

Track the Perseids Meteor Shower

Mark your calendar for mid-August and catch the Perseids at their peak. Find a dark spot, bring snacks, and turn off your screens for at least 30 minutes to let your eyes adjust to their stargazing best. Let the shooting stars remind you there's more to life than the daily grind—plus, it's a great way to unwind and recharge.

Stretch Summer's Flavor

Pick one type of fresh produce (berries, herbs, tomatoes) and try preserving it at home. Check your local extension service for safety tips; most of them have an online presence these days. Dry herbs, freeze berries, or make a quick refrigerator pickle. It's a fun, hands-on way to stretch summer's goodness into the cooler months.

Daily Dopamine Booster

Pick one simple activity that makes you feel good, like dancing to a favorite song, stepping outside for fresh air, or savoring a tasty snack. Try making it a daily ritual this month to give your brain a quick joy boost and help reduce stress in a natural, science-backed way. See how you feel at the end of the month.



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Living Well Community Online Classes & Resources

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Here are some **free resources** available through the Living Well program this month. All resources on this page are open to everyone. For descriptions and more info, visit harvardpilgrim.org/livingwell. The class links below will take you directly to each class.

Mondays	5:30 – 6:30 p.m.	<u>Restorative Yoga</u>
Tuesdays	7:30 – 8:00 a.m. 12 – 12:30 p.m. 5:30 – 6:30 p.m.	<u>Tai Chi</u> <u>Mind the Moment in Everyday Life</u> <u>Cardio Dance</u>
Wednesdays	8:30 – 9:00 a.m. 1:00 – 1:30 p.m. 5:30 – 6:30 p.m.	<u>Mindfulness practice community</u> <u>Wellness Recharge</u> Aug. 06 – Simple Ways to Save Your Garden Bounty Aug. 13 – Atomic Habits: Dopamine Boosters Aug. 20 – Cultural Cuisines: Bringing Asian Flavors to Your Table Aug. 27 – The Art and Science of Awareness with Rhonda Magee <u>Vinyasa Flow Yoga</u>
Thursdays	7:30 – 8:00 a.m. 8:30 – 9:00 a.m. 5:30 – 6:30 p.m.	<u>Strength Training</u> <u>Mindfulness practice and reflections with Tara Healey</u> <u>August Cardio Dance Sampler - Musical Theater</u>
On demand	Visit <u>Living Well Community</u> for access to all our free weekly virtual classes. <u>Guided meditation MP3s</u> (Soundcloud) <u>On demand library</u> (YouTube)	
Living Well Facebook	Come join our community of 1,000+ people sharing their wellness journey, tips, and inspiration in this <u>private Living Well Facebook group</u> .	
Living Well health portal	Harvard Pilgrim members, Tufts Health Plan members, and guests who are not affiliated with either plan can all <u>access the Living Well health portal here</u> .	
Just for Members	Explore the many programs and services available exclusively to Harvard Pilgrim members	



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Living Well Community classes

Visit harvardpilgrim.org/livingwell for links to access these free sessions.

MON	TUE	WED	THU	FRI
04	05	06	07	08
	7:30am Tai Chi	8:30am Mindfulness	7:30am Strength 8:30am Mindfulness	
	12pm Mindful in Everyday Life	1:00pm Save Your Garden Bounty		
5:30pm Restorative Yoga	5:30pm Cardio Dance	5:30pm Vinyasa Flow	5:30pm Cardio Dance: Musical Theater	
11	12	13	14	15
	7:30am Tai Chi	8:30am Mindfulness	7:30am Strength 8:30am Mindfulness	
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