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Living WellSM Online Classes and Resources

June 2025 | Provided by Living WellSM at Harvard Pilgrim



JUN 2025

LIVING WELL COMMUNITY CLASSES

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

MON	TUE	WED	THU	FRI
02	03	04	05	06
	7:30am Strength	8:30am Mindfulness	7:30am Strength	
	12pm Mindful in Nature	1:00pm Herb Gardening	1:00pm Summertime Strong	
5:30pm Restorative Yoga	5:30pm Dance Cardio	5:30pm Vinyasa Flow	5:30pm Dance Cardio	
09	10	11	12	13
	7:30am Strength	8:30am Mindfulness	7:30am Strength	
	12pm Mindful in Nature	1:00pm Nature's Rx	1:00pm Summertime Strong	
5:30pm Restorative Yoga	5:30pm Dance Cardio	5:30pm Vinyasa Flow	5:30pm Dance Cardio	
16	17	18	19	20
	7:30am Strength	8:30am Mindfulness	Happy Juneteenth! (no live classes today)	
	12pm Mindful in Nature	1:00pm Island Flavors	On-demand favorites: A Global Celebration of Food Celebrating Haitian Cuisine	
5:30pm Restorative Yoga	5:30pm Dance Cardio	5:30pm Vinyasa Flow		
23	24	25	26	27
	7:30am Strength	8:30am Mindfulness	7:30am Strength	
	12pm Jud Brewer	1:00pm The Rainbow Diet	1:00pm Summertime Strong	
5:30pm Restorative Yoga	5:30pm Dance Cardio	5:30pm Vinyasa Flow	5:30pm Dance Cardio	
30				
5:30pm Restorative Yoga				



Harvard Pilgrim
Health Care

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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.	Restorative Yoga
Tuesdays	7:30 – 8:00 a.m. 12 – 12:30 p.m. 5:30 – 6:30 p.m.	Strength Training Mind the Moment in Everyday Life Jun 3, 10, 17 – What Nature Teaches Us About Mindfulness Jun 24 – The Art and Science of Awareness with Jud Brewer Cardio Dance
Wednesdays	8:30 – 9:00 a.m. 1:00 – 1:30 p.m. 5:30 – 6:30 p.m.	Mindfulness practice community (with guest instructors) Health & Wellness Webinars: Jun 04 – Herbs at home: Growing your culinary garden Jun 11 – Atomic Habits: Nature's Prescription Jun 18 – Nourish with Island Flavors: Caribbean Cooking Jun 25 – The Rainbow Diet Vinyasa Flow Yoga
Thursdays	7:30 – 8:00 a.m. 8:30 – 9:00 a.m. 1:00 – 1:30 p.m. 5:30 – 6:30 p.m.	Strength Training Mindfulness practice and reflections (with Tara Healey) Thurs. Fitness Sampler - Summertime Strong (Jun 5, 12, 26) Cardio Dance
On demand	Visit Living Well Community for access to all our free weekly virtual classes, meditations, and webinars. Guided meditation MP3s (Soundcloud) Wellbeing Webinars (YouTube)	
Living Well Facebook	Come join our community of 1,000+ people sharing their wellness journey, tips, and inspiration in this private Living Well Facebook group .	
Living Well Health Portal	Harvard Pilgrim members, Tufts Health Plan members, and guests who are not affiliated with either plan can all access the Living Well health portal here .	
Just for Members	Log into your member portal to explore all the programs and discounts available exclusively to Harvard Pilgrim members.	



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