INTRODUCING INDEPENDENT HEALTH'S
Virtual Health Hub!

Stay active and connected right from the convenience of your smartphone, computer or tablet.

New for 2021, our Virtual Health Hub offers classes ranging from fitness to finance, preventive health and more. It’s a great way to get moving, have fun and help you achieve your personal health and wellness goals.

Here are some of the programs you can take advantage of at the Virtual Health Hub through the month of March.

All classes are free, with no registration required. Just join with easy access through Zoom!

It’s all part of the RedShirt® Treatment – and one more way we’re helping you get and stay healthy.
Active Sitting
*Led by Melissa Bulas-Mercuri, Buffalo Rehab Group*
How to perform simple stretches from your desk or your living room chair.

**Thursday, February 11th, 12 – 1 p.m. – Join Us!**

How a Sedentary Lifestyle Affects Your Age
*Presented by Michelle Carbery, Independent Health Senior Corporate Wellness Specialist*
Did you know being sedentary can increase your biological age by eight years? Learn what happens to bodies that sit more than move, along with simple ways to add more movement.

**Wednesday, February 17th, 10 – 11 a.m. – Join Us!**

Lose Weight and Reduce Your Risk for Diabetes
*Presented by Karen Taylor, National Board-Certified Health and Wellness Coach*
1 in 3 Americans are at risk for developing diabetes. Find out if you’re at risk and see how thousands of people have lost weight and reduced their risk with the Brook+ program.

**Tuesday, February 23rd, 5:15 – 5:45 p.m. – Join Us!**

**Tuesday, March 16th, 5:15 – 5:45 p.m. – Join Us!**

Muscle, Mobility & Mind
*Led by the Independent Health Wellness Team*
Build lean muscle and increase your heart rate during this workout for your total well-being. Session ends with a few minutes of reflection/meditation to leave you feeling energized, positive and refreshed. Come prepared with two weights or weighted items, like water bottles or soup cans.

**Thursday, February 25th, 12 – 12:30 p.m. – Join Us!**

**Thursday, March 25th, 12 – 12:30 p.m. – Join Us!**

Inflammation 101
*Presented by Lauren Dlugosz, Independent Health Wellness Program Manager*
Learn what inflammation is and how it can impact our health, including signs, common causes and what problems inflammation can trigger.

**Tuesday, March 2nd, 10 – 11 a.m. – Join Us!**

COVID-19 & Financial Worries
*Presented by Nicholle Overkamp, Author & Owner of Wilcox Financial Group*
The COVID-19 pandemic has created a lot of unknowns in life, causing many to stress. Participants will learn tips to consider as we move through this crisis together. Nicholle will walk through how to knock out debt fast, build savings and gain a better awareness of financial health.

**Thursday, March 4th, 12 – 1 p.m. – Join Us!**

Stress Management and Mindfulness
*Presented by Patrick Greene, Horizon Health Services*
Mindfulness has been increasingly promoted in recent years by behavioral health and physical health practitioners. Learn the modern meaning of mindfulness, the mental and physical benefits of practicing mindfulness, and how mindfulness can increase organizational productivity and employee wellness.

**Tuesday, March 9th, 11 a.m. – 12 p.m. – Join Us!**

Morning Stretch & Meditation
*Led by Michelle Carbery, Independent Health Senior Corporate Wellness Specialist*
A quick, 15-minute session to set your body, mind and day off to a good start.

**Wednesday, March 10th, 7:30 – 7:45 a.m. – Join Us!**

The Aging Neck
*Presented by Garnet Loveday, Buffalo Rehab Group*
Learn how to improve your neck health and slow the aging process using exercise.

**Thursday, March 18th, 12 – 1 p.m. – Join Us!**

**Classes and activities subject to change.**
Additional classes will be added each month throughout the year!

**Questions? Email us at HealthHub@IndependentHealth.com or call (716) 505-8555**