

# INDEPENDENT HEALTH'S Virtual Health Hub!

**Stay active, learn and have fun right from your smartphone or computer.**

Join classes that can help you meet your wellness goals, from fitness and health to finance!

Here are some of the programs through June.

All classes are free, with no sign up needed. Just join through Zoom!



**It's all part of the RedShirt® Treatment – and one more way we're helping you get and stay healthy.**



# APRIL – JUNE 2021

## Gentle Yoga

Led by Olivia Ebsary, SilverSneakers®

Enjoy a class of gentle postures that promote stretching, strengthening and relaxation. Bring a mat and blocks.

**Mondays, 10 – 10:45 a.m. – [Join Us!](#)**

No class May 3 or May 31

## Turning Things Over: Accounts, Estates and Powers of Attorney

Led by Christopher Phillips, The Center for Elder Law & Justice

An overview on planning for the future through a power of attorney, health care proxy, and last will and testament. Includes an overview on Medicaid eligibility.

**Tuesday, April 6, 10 – 11 a.m. – [Join Us!](#)**

## Stretch & Meditation

Led by the Independent Health Wellness Team

A quick, 15-minute session that's good for your body and mind.

**Thursday, April 8, 7:30 – 7:45 a.m. – [Join Us!](#)**

**Wednesday, May 5, 7:30 – 7:45 a.m. – [Join Us!](#)**

**Tuesday, June 8, 3:30 – 3:45 p.m. – [Join Us!](#)**

## "It Always Seems Too Early, Until It's Too Late"

Led by Dr. Kathleen Grimm and Sandra Lauer, ECMC

Learn about the importance of talking with those close to you about your care wishes, advance care planning, advance directives and how to choose your health care proxy.

**Tuesday, April 13, Noon – 1 p.m. – [Join Us!](#)**

## Catholic Charities of Buffalo – Bringing Hope for You and Your Family

Led by Meichle Latham, Catholic Charities of Buffalo

Learn about services that promote food security and nutrition health, family stability, school and job advancement, job placement, financial stability, immigration help, mental health and wellness and outreach for youth, adults and seniors.

**Wednesday, April 14, Noon – 1 p.m. – [Join Us!](#)**

## Protecting Your Joints Through Exercise

Led by Chris Ponichtera and John Nassarett, Buffalo Rehab Group

Learn about slowing the aging process on your joints, osteoarthritis and joint replacement.

**Thursday, April 15, Noon – 1 p.m. – [Join Us!](#)**

## Whole Health Nutrition

Led by Kris Gallimore, Corporate Wellness Specialist, Independent Health

For those with a love for food and an interest in the power of the human body, see how good nutrition can help promote health.

**Monday, April 19, Noon – 1 p.m. – [Join Us!](#)**

## The Vagus Nerve and Its Role in Your Health

Led by Power Yoga Buffalo and Independent Health's Dr. George Burnett

Managing stress is important. Join us as we discuss the Vagus nerve and how it plays a role in alertness, blood pressure, heart rate, calmness and more.

**Wednesday, April 21, Noon – 1 p.m. – [Join Us!](#)**

## Muscle, Mobility & Mind

Led by the Independent Health Wellness Team

A workout to build lean muscle, increase your heart rate and clear your mind. Bring two weights or weighted items, like water bottles or soup cans.

**Monday, April 26, Noon – 12:30 p.m. – [Join Us!](#)**

**Thursday, May 27, Noon – 12:30 p.m. – [Join Us!](#)**

**Friday, June 25, Noon – 12:30 p.m. – [Join Us!](#)**

## Sending Pictures

Led by WiseClasses

Learn how to take a photo and send it to someone or send a photo that was previously taken. Come with your questions.

**Tuesday, April 27, 10 – 11 a.m. – [Join Us!](#)**

## COVID-19: The Newest Line of Treatment for Our Most at-Risk Populations

Led by Dr. Michael Merrill and Dr. Jennifer Walsh, Independent Health

Are you or someone you love high-risk for getting COVID-19? Come learn about the newest and most effective treatments to greatly reduce the severity and death risk from COVID-19.

**Wednesday, April 28, Noon – 1 p.m. – [Join Us!](#)**

## Healthy Habits That Can Improve Your Mental Health

Led by Lauren Christman, Corporate Wellness Specialist, Independent Health

Learn what a habit is and how habits can impact your overall health.

**Tuesday, May 4, 4 – 5 p.m. – [Join Us!](#)**

## Becoming Resilient: Learning to Thrive Within the Stress

Led by Melinda DuBois, Mental Health Advocates of WNY

Join us to hear about adapting to change, recognizing what you can and can't control, coping strategies, and steps you can take to deal with the stress of the pandemic.

**Tuesday, May 11, Noon – 1 p.m. – [Join Us!](#)**

## Exercising With Shoulder Pain

Led by Matthew Profeta, Buffalo Rehab Group

Learn how to develop a safe exercise plan to improve shoulder health, strength and reduce risk of injury.

**Thursday, May 13, Noon – 1 p.m. – [Join Us!](#)**

## APRIL – JUNE 2021

### Spotting Scams

Led by Katelyn Gindele, The Center for Elder Law & Justice

Learn to recognize common scams and new tactics in the age of COVID-19. Hear steps to take after falling victim to a scam, including where to report scams.

**Tuesday, May 18, 10 – 11 a.m. – [Join Us!](#)**

### Stress Management and Psychological Well-Being

Led by Michelle Carbery, Sr. Corporate Wellness Specialist, Independent Health

Learn the 6 factors of psychological well-being and why it matters. See the need for self-care and ways you can manage your stress and emotional health.

**Wednesday, May 19, Noon – 1 p.m. – [Join Us!](#)**

### Understanding Senior Services

Led by the Erie County Department of Senior Services

Find out more about all the free services through Erie County.

**Thursday, May 20, 10 – 11 a.m. – [Join Us!](#)**

### Mindfulness

Led by Kris Gallimore, Corporate Wellness Specialist, Independent Health  
Bring peace of mind and balance to each day through mindfulness, a state of active and careful attention on the moment.

**Friday, May 21, Noon – 1 p.m. – [Join Us!](#)**

### Long Term Care Planning

Led by Kelly Sarama, The Center for Elder Law & Justice

Things to consider when planning for long-term care, including types of care and payment options.

**Thursday, June 10, 10 – 11 a.m. – [Join Us!](#)**

### Investing 101

Led by Nicholle Overkamp, Wilcox Financial Group

Learn the basics when it comes to investing, what questions to ask, key terms and how to make the best decisions based on your goals.

**Tuesday, June 15, Noon – 1 p.m. – [Join Us!](#)**

### Physical Activity 101

Led by Lauren Dlugosz, Health and Wellness Program Manager, Independent Health

Learn the basics about physical activity, including heart rate zones, aerobic vs. anaerobic exercise and tips for increasing cardiovascular health, balance, flexibility and muscle mass.

**Wednesday, June 16, Noon – 1 p.m. – [Join Us!](#)**

### Cognitive Health

Led by Dr. Salvatore Gruttadauria, The Greater Buffalo Centers for Dizziness & Balance

Exercising the mind to keep it active is as important as maintaining physical fitness and strength. Includes "mind games" to keep your brain active and healthy.

**Thursday, June 17, 10 – 11 a.m. – [Join Us!](#)**

### Beat the Heat With Hydration

Led by Michelle Carbery, Sr. Corporate Wellness Specialist, Independent Health

Learn how hydration by drinking plenty of water makes all the difference in staying cool during the summer.

**Thursday, June 24, Noon – 12:30 p.m. – [Join Us!](#)**

### Eating for 1 or 2 – How to Meal Prep & Keep It Healthy

Led by Ashley Abend, Balanced Body Foods

Cooking for yourself or a spouse can seem overwhelming. Learn how to make cooking and meal prepping easy and healthy.

**Wednesday, June 30, Noon – 1 p.m. – [Join Us!](#)**



*Classes subject to change.*

Questions? Email us at [HealthHub@IndependentHealth.com](mailto:HealthHub@IndependentHealth.com) or call (716) 505-8555

Independent  
Health

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