



Carefirst - Virtual Program

Presented by Carefirst Wellness and Volunteer Development

YouTube Online Programs

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Programs on Our Channel

Leisure Corner

Activities of different topics to keep you connected!

New videos everyday

Information Session

Access wellness education without geographical boundaries

"Be Fit at Home" - Falls Prevention/ Stretch & Breathe/ Conditioning Exercises

Exercises of different intensities for seniors to maintain an active and healthy lifestyle

"Gentle Steps to Fitness" - 4-part Series of Low-intensity Exercises

Premiere on June 10

Geared towards seniors with a risks of falls, who enjoy a more relaxed pace exercise to help maintain functional mobility in everyday life.



ZOOM Video Based Group Programs

No registration required*

Exercise & Falls Prevention Program (Max: 20)

Falls Prevention Class (60-min) *Start date: June 5

This class provides seniors with instructions on how to reduce risk of falling, in addition to weight bearing and balance exercises.

Monday & Friday 10:30 AM

ZOOM ID: 880-9908-1922 | Password: 470556

<https://us02web.zoom.us/j/88099081922?pwd=ZXI0RFFpWEEd2ZEZQM3J5YTF2bHNVz09>

Conditioning Exercise Class (60-min) *Start Date: June 5

Exercise focuses on improving and maintaining functional performance through strength and balance to prevent injury and falls.

Monday & Friday 2:00 PM

ZOOM ID: 852-4551-0104 | Password: 338390

<https://us02web.zoom.us/j/85245510104?pwd=RG5wbXptemJ1UVZiT3B6NE95VGRiUT09>

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