

Wellness Wednesdays

2024 Virtual Class Schedule

Wellness classes are available to our Banner Medicare Advantage members at no cost. Classes will be available throughout the year online on the third Wednesday of each month.

These virtual classes require an internet connection, a computer and/or a phone. If you do not have an internet connection on a computer or phone, you can listen to the class on your phone.

Registration is FREE but required to reserve your seat or obtain the Microsoft Teams login information and phone number. The meeting information will be sent to registrants one to three days prior to the day of the class.

To register, please email BMAWellness@BannerHealth.com. For additional information or questions, please call our Customer Care Center. Our phone numbers and hours of operation are listed at the end of this document.

Date	Time	Class
1/17/2024	1:30 p.m.	<p>The Value of Your Vitals Through our everyday choices we do one of two things: we either build a healthy balance or create an unhealthy balance in our system.</p>
2/21/2024	1:30 p.m.	<p>Heart Healthy Diet and Lifestyle Define heart disease and associated risk factors, review various types of cholesterols, discover how to reduce risk of heart disease, and understand how to follow a heart healthy diet.</p>
3/20/2024	1:30 p.m.	<p>Nutritious Cuisine: Wholesome Food Preparation Learn healthy cooking strategies, tips for stocking your kitchen, how-to tips and tricks and quick, healthy and delicious recipes.</p>
4/17/2024	1:30 p.m.	<p>Boost Your Brain Health Learn lifestyle factors that can impact risk of cognitive decline, understand cognition and different cognitive processes, recognize how the cognitive processes work together and gain strategies to improve brain health.</p>
5/15/2024	1:30 p.m.	<p>Forget the Gym: Find Movement in Your Everyday Life Identify the benefits of movement, understand physical activity vs exercise, learn the types of physical activity, feel confident being active and make joyful movement part of your routine.</p>

Date	Time	Class
6/19/2024	1:30 p.m.	Head Over Heels for Fall Prevention Identify fall risks, ideas to make your home safer, assistive devices and adaptive equipment and getting up after a fall.
7/17/2024	1:30 p.m.	Why Water? Importance of water, benefits/types of water, how much water is recommended and tips to drink more.
8/21/2024	1:30 p.m.	Optimize Your Wellbeing by Improving Your Sleep Recognize the correlation between sleep and health, understand circadian rhythm, realize negative influences on restful sleep and know when to seek professional help.
9/18/2024	1:30 p.m.	Preventative Screenings An ounce of prevention is worth a pound of cure. Learn more about how preventative screenings can help you detect diseases in their early stages when treatment options are more effective.
10/16/2024	1:30 p.m.	Seated Exercises Seated exercise demo focused on increasing range of motion (ROM) and strength.
11/20/2024	1:30 p.m.	Head Over Heels for Fall Prevention Identify fall risks, ideas to make your home safer, assistive devices and adaptive equipment and getting up after a fall.
12/18/2024	1:30 p.m.	Healthy for the Holidays Learn healthy cooking strategies for the holidays, stress management as well as how to remain physically active.

For accommodations for persons with special needs at meetings, please call our Customer Care Center. We are open from 8 a.m. to 8 p.m., seven days a week.

Para acomodaciones para personas con necesidades especiales en juntas, por favor llame a nuestro Centro de Atención al Cliente. Estamos abiertos de 8 a.m. a 8 p.m., los siete días de la semana.

Banner Medicare Advantage Dual HMO D-SNP: (877) 874-3930, TTY 711

Banner Medicare Advantage Prime HMO: (844) 549-1857, TTY 711

Banner Medicare Advantage Plus PPO: (844) 549-1859, TTY 711