

Happy Hearts Virtual Wellness Summer Series

Broward County Public Schools and Aetna are on the forefront of helping people on their path to better health.

We hope our Happy Hearts Wellness Series helps you become inspired on ways to ease your stress and learn a few practical tips to keep your mind, body and spirit healthy. Whether you can tune-in to one video session or multiple, feel free to join at your convenience by clicking each video link below.



AM Yoga Stretch and Tone (Live Classes)

Beginner class, with focus on flexibility and strength. Gentle movements are appropriate for all fitness levels. Great way to start your day! Duration is 30 minutes.

Monday & Wednesday 9:30 a.m. – 10 a.m.

Link to Join:

[zoom.us/meeting/register/tJMpcum](https://zoom.us/join/zoom/register/tJMpcum) or [Dgr HtNRe7Jblx7Sgae1wi7LnXxE](https://zoom.us/join/zoom/register/HtNRe7Jblx7Sgae1wi7LnXxE)

Mid-day Chair Yoga and Meditation (Live Classes)

Take a break from work for 15 minutes. Move a bit, focus your mind and practice breathwork. Appropriate for all levels. Duration is 15 minutes.

Monday & Wednesday noon – 12:15 p.m.

Link to Join:

[zoom.us/meeting/register/tJUudequ](https://zoom.us/join/zoom/register/tJUudequ) [qzoz GNMYV3vv2Aoo-hFdvXmllerJ](https://zoom.us/join/zoom/register/GNMYV3vv2Aoo-hFdvXmllerJ)

Self-Pace Virtual Diabetes Prevention Program sponsored by Holy Cross Hospital

Create lasting healthy habits, improve your well-being and decrease your risk for diabetes and other chronic diseases. Enroll in the virtual diabetes program sponsored by Holy Cross Hospital.

Link to Join:

holy-cross.com/diabetes

PRE-RECORDED VIRTUAL WELLNESS CLASSES:

Mindfulness

aetna.com/exp-mkt/CustomerCenter/episode1_Wellness_Session_Mindfulness_3-2021.html

Happy Hearts Yoga Flow

aetna.com/exp-mkt/CustomerCenter/episode2_Happy_Hearts_Yoga_Flow_3-2021.html

Working with Positive Affirmations

aetna.com/exp-mkt/CustomerCenter/episode3_Working_with_Positive_Affirmations_3-2021.html

Happy Hearts Stretches

aetna.com/exp-mkt/CustomerCenter/episode4_Happy_Hearts_Stretches_3-2021.html

The Courage to be Yourself

aetna.com/exp-mkt/CustomerCenter/episode5_Courage_to_be_Yourself_3-2021.html

Connected Breath

aetna.com/exp-mkt/CustomerCenter/episode6_Connected%20Breath%20_3-2021.html

Gratitude

aetna.com/exp-mkt/CustomerCenter/episode8_Find_Your_Balance_Yoga_Session_3-2021.html

Find Your Balance Yoga Session

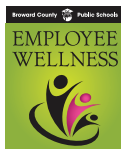
aetna.com/exp-mkt/CustomerCenter/episode1_Wellness_Session_Mindfulness_3-2021.html

Mindful Eating

aetna.com/exp-mkt/CustomerCenter/episode9_Mindful_Eating%20_3-2021.html

Happy Hearts at Rest

aetna.com/exp-mkt/CustomerCenter/episode10_Happy_Hearts_at_Rest_3-2021.html



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