

# LOOKING FOR BALANCE?

## VEBA RESOURCE CENTER CLASSES ARE NOW AVAILABLE ONLINE!

All the great activities you love at the VEBA Resource Center (VRC) are now available from the comfort of your living room (or kitchen). We offer free, live classes with the VRC instructors so you can take a moment to relax, recharge, and build healthy habits.

### AVAILABLE CLASSES INCLUDE:

- Yoga
- Sound Healing
- Individual Nutrition and Mobility Consults
- Movement
- Cooking
- Televisits with Care Navigators

And much more --  
*new classes added every week!*

FOR ADDITIONAL  
INFORMATION OR TO  
REGISTER FOR CLASSES,  
YOU CAN EITHER:



Email [VRC@mcgregorinc.com](mailto:VRC@mcgregorinc.com)



Call 619-398-4220

Schedule live classes for a group of  
your co-workers by emailing  
[VEBAwellbeing@mcgregorinc.com](mailto:VEBAwellbeing@mcgregorinc.com)



CALIFORNIA SCHOOLS  
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# MAY 01-15

## VIRTUAL CLASS SCHEDULE Group Classes



CALIFORNIA SCHOOLS  
**VEBA**  
RESOURCE CENTER

We welcome all employees to our group VRC classes, regardless of VEBA benefit status.

To register for a class, follow the link on the class description page, where you will be asked for basic verification information, including name, date of birth and phone number.

Our group classes are offered through the Zoom platform. For security purposes, participants will be required to have a Zoom account to sign in. If you do not have a Zoom account, sign up for free [HERE](#).

MONDAY 04	TUESDAY 05	WEDNESDAY 06	THURSDAY 07
1PM-2PM <i>Yoga Fundamentals</i> Beginner-Intermediate	11AM-12PM <i>MoveSmart:</i> Beginner Circuit	11AM-12PM <i>MoveWell:</i> Intermediate Circuit	11AM-12PM <i>MoveWell:</i> Intermediate Circuit
3PM-4PM <i>MoveAnywhere:</i> Posture and Stretching	1PM-2PM <i>Yoga Fundamentals</i> Beginner-Intermediate	1PM-2PM <i>Yoga Fundamentals</i> Beginner-Intermediate	1PM-2PM <i>Yoga Fundamentals</i> Beginner-Intermediate
4-5PM <i>MoveEdu</i>	3PM-4PM <i>MoveWell:</i> Intermediate Circuit	3PM-3:30PM <i>Cooking Class</i>	3PM-4PM <i>MoveAnywhere:</i> Posture and Stretching
	3PM-3:25PM <i>Children's Yoga</i>	3PM-4PM <i>MoveWell:</i> Beginner Circuit	4PM-5PM <i>Yoga Therapy</i> for the Soul
	3:30PM-4PM <i>Children's Yoga</i>	4PM-5PM <i>Yoga Therapy</i> w/ emphasis in Anxiety	
	4PM-5PM <i>Yoga Therapy</i> for the Soul		5PM-5:30PM <i>Energy Heal</i>
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14
1PM-2PM <i>Yoga Fundamentals</i> Beginner-Intermediate	11AM-12PM <i>MoveSmart:</i> Beginner Circuit	1PM-12PM <i>Yoga Fundamentals</i> Beginner-Intermediate	11AM-12PM <i>MoveWell:</i> Intermediate Circuit
3PM-4PM <i>MoveAnywhere:</i> Posture and Stretching	1PM-2PM <i>Yoga Fundamentals</i> Beginner-Intermediate	3PM-3:30PM <i>Cooking Class</i>	1PM-2PM <i>Yoga Fundamentals</i> Beginner-Intermediate
4-5PM <i>Yoga Therapy</i> w/ emphasis in Anxiety	3PM-4PM <i>MoveWell:</i> Intermediate Circuit	3PM-4PM <i>MoveSmart:</i> Beginner Circuit	3PM-4PM <i>MoveAnywhere:</i> Posture and Stretching
	3PM-3:25PM <i>Children's Yoga</i>	4PM-5PM <i>Yoga Therapy</i> w/ emphasis in Anxiety	4PM-5PM <i>Yoga Therapy</i> for the Soul
	3:30PM-4PM <i>Children's Yoga</i>		5PM-5:30PM <i>Energy Heal</i>
	4PM-5PM <i>Yoga Therapy</i> for the Soul		

# VIRTUAL CLASS DESCRIPTIONS

**REGISTRATION REQUIRED**



## MOVE SMART

### DESCRIPTION:

A beginner's class to teach members safe and modified exercise techniques to enhance mobility. Focuses on foundational movement patterns and puts exercises into a circuit style of training.

### EQUIPMENT

#### (optional):

Hand weights, or as an alternative you can use any items from home like water bottles/jugs, cans or mason jars filled with water.

[CLICK TO REGISTER](#)

## MOVE WELL

### DESCRIPTION:

An intermediate class with a low impact H.I.I.T workout and full body workout to build muscle and burn fat safely. This class allows for challenging progressions and modifications.

### EQUIPMENT

#### (optional):

Hand weights, or as an alternative you can use any items from home like water bottles/jugs, cans or mason jars filled with water.

[CLICK TO REGISTER](#)

## MOVE ANYWHERE

### DESCRIPTION:

A class where members learn techniques to improve posture and reduce pain and inflammation. Members are taught strategies to implement during their workday to offset long periods of sedentary activity.

### EQUIPMENT:

None

[CLICK TO REGISTER](#)

## MOVE DU

### DESCRIPTION:

A classroom style class on the impacts of a sedentary lifestyle on your body. Walk away from this session with strategies to incorporate into your lifestyle.

### EQUIPMENT (optional):

Tennis Ball

[CLICK TO REGISTER](#)

## ENERGY HEAL

### DESCRIPTION:

An interactive stress reduction class that educates members of the different forms of energy, and shows members how to use energy to move towards wholeness. This class incorporates the use of singing bowls and aromatherapy to promote deep relaxation.

### EQUIPMENT:

None

[CLICK TO REGISTER](#)

## YOGA FUNDAMENTALS

### DESCRIPTION:

Introduces Vinyasa Flow to members, a contemporary yoga style that incorporates movements that are synchronized to a breath.

### EQUIPMENT (required):

Yoga mat or towel. If you own a yoga block, you are welcome to use this or something that resembles a yoga block, like a shoe box or thick book.

[CLICK TO REGISTER](#)



Visit our VRC channels for Well-Being Resources and Updates



## VIRTUAL CLASS DESCRIPTIONS (CONT.)

**REGISTRATION REQUIRED**



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### YOGA THERAPY: ANXIETY

#### DESCRIPTION:

Learn how anxiety presents itself in the body, mind, and emotions, and simple and effective tools to help you manage and reduce anxiety. Through gentle yoga poses, breathing techniques, meditation, and cognitive re-framing, become a more relaxed, aware and centered you! No previous yoga experience necessary.

#### EQUIPMENT:

Yoga mat or towel.

**M/W - REGISTER**

### CHILDREN'S YOGA

#### DESCRIPTION:

A session focusing on our younger members to do with their caregivers. This fun and easy class will get the whole family moving.

3 PM: Ages 5-12  
3:30 PM: Ages 12+

#### EQUIPMENT:

Yoga mat or towel.

**3 PM - REGISTER**

**3:30 PM - REGISTER**

### COOKING

#### DESCRIPTION:

Learn to make healthy and easy meals from the comfort of your own kitchen. Follow along with the VRC chef for a delicious treat!

#### EQUIPMENT (optional):

Will vary by recipe and be included with registration confirmation.

**CLICK TO REGISTER**

### YOGA THERAPY: FOR THE SOUL

#### DESCRIPTION:

You will create space and time for reflection, cultivate a gratitude practice, move your body with the breath to create relaxation in the body, send and receive gratitude, release thoughts and feelings that no longer serve you while creating room for what does and open your heart and relax the mind through gentle yoga poses. Gratitude guaranteed.

#### EQUIPMENT:

Yoga mat or towel.

**T/TH - REGISTER**

***After registering, you will  
receive a confirmation email  
containing the Meeting ID &  
Password.***

***If you have any issues,  
please email  
VRC@mcgregorinc.com for  
assistance.***



Visit our VRC channels for Well-Being Resources and Updates

MAY  
01-15

VIRTUAL CLASS SCHEDULE  
Individual Classes and Consults



CALIFORNIA SCHOOLS  
**VECBA**  
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Join our VRC providers for personalized sessions to support your individual well-being goals. One-on-one sessions are only available to members with active VEBA benefits.

TO SCHEDULE A SESSION



[VRC@mcgregorinc.com](mailto:VRC@mcgregorinc.com)



(619) 398-4220

## MOBILITY CONSULT

Feeling creaky? Wish you were more limber? Meet with one of our coaches for an evaluation of your current mobility and tips on how to improve.

WHEN

*30 minute appointment  
11 am-4 pm  
Monday & Wednesday*

## MYOMETRIX

A VRC movement favorite modified for accessing remotely. Join us for a three-part workout with warm up, upper or lower body strength exercise and relaxation.

WHEN

*30 minute appointment  
11 am-4 pm  
Monday - Thursday*

## NUTRITION CONSULT

Meet with one of our nutrition experts to explore ways to improve your diet, learn more about healthy eating, or put together a personalized action plan.

WHEN

*30 minute appointment  
11 am-4 pm  
Tuesday & Thursday*

## NURSE NAVIGATOR

Our nurse navigators are here to support you with all of life's challenges. Your guide to the resources in the VRC, navigators are a great resource if you're not sure where to start.

WHEN

*60 minute appointment  
10 am-5 pm  
Monday - Thursday*

## ACUPUNCTURE & HEALTHY LIVING

WHEN

*5-5:30 pm  
Topic offered Monday  
& Wednesday*

Small group format to learn about natural health information, including vitamins, foods, herbs (teas, spices), acupressure points and essential oils. This class emphasizes easily accessible and affordable options to enhance the immune system at home.

**Week 1:** Boost Your Immune System

**Week 2:** Reduce Stress & Anxiety



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