



RECREATION AT HOME

Carefirst Wellness and Volunteer Program
in partnership with Mobility Matters

Carefirst Wellness and Volunteer Program has released virtual programming with different live entertainment segments. “Be Fit While At Home” is their first live segment where you can follow their instructor to do exercise and ask questions at the end.

Schedule:

- Monday, Wednesday and Friday 10:30 a.m. to 11:30 a.m. – Falls Prevention Exercises
- Monday, Wednesday and Friday 2 p.m. to 3 p.m. – Conditioning Exercises

Instructions:

1. Click <https://www.youtube.com/channel/UCgV1obMSDXOYE5U8cuDuf-g> to access their YouTube channel.
2. If you have a YouTube or Google account, you can SUBSCRIBE to their channel and click the notification bell to get updates. Even if you do not subscribe, you can still visit the channel to watch their videos
3. With an account, you can comment on the videos and chat with them and provide feedback.

