



## Exercise Videos and Wellness Programs

*Contributed by: Spiro100*

[www.spiro100.com](http://www.spiro100.com)

Spiro100 provides online engagement for LTC communities, with over 75 programs led by great professionals on a host of topics including cognitive stimulation, wellness, mindfulness, and meditation among others.

While this is a fee-based service, communities can try it out for free for 30 days with no credit card required which could provide a needed resource during COVID-based shutdowns

- <https://spiro100.com/>.

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*Contributed by: Kay Van Norman, Brilliant Aging*

<https://www.kayvannorman.com/>

Check out this series of 2-3 minute functional exercise videos for people isolated at home or in residential settings. We think you'll enjoy the beautiful outside settings they are filmed in!

[Click here to access](#)