


Uniper Care Video Library

Uniper Care's Video Library is a compilation of thousands of health and wellness, education, and special interest videos. Each video has been carefully curated to support our members' physical, cognitive, social and emotional wellbeing. They have also been screened for content quality, audio-visual quality and diversity of topics.



WHAT'S NEW?

RECORDED CLASSES

- Fitness Classes
- Nutrition & Cooking
- Expand Your Knowledge
- Mindfulness




EVERYDAY FITNESS

- Seated Exercises
- Standing Exercises
- Yoga & Tai Chi
- Fall Prevention



MUSIC & CULTURE

- Uniper Radio
- Live Concerts
- Classical Music
- Broadway & Beyond



GLOBAL ADVENTURES

- Travel the World
- Learn a New Language
- International Music



HEALTHY LIVING

- Easy Cooking
- Preventive Care
- Nature & Relaxation
- Meditation & Sleep



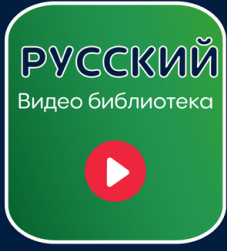
LIFELONG LEARNING

- History
- Biographies
- Nature Documentaries
- Science & Technology
- Gardening
- Sports
- Hobbies



MY MEDICARE BENEFITS

- Medicare Benefits




RUSSIAN

- Физкультура
- Йога
- Цигун и Таи Чи
- Улучшить баланс
- Мозг и память
- Медитация
- Красота природы
- Здоровое питание
- Здоровый сон
- Путешествие по миру
- История
- Искусство
- Классическая музыка
- Музыка и концерты
- Театр
- YIDDISH
- Учим английский



SPANISH

- Ejercicio físico
- Práctica de yoga
- Qigong y Tai Chi
- Mejor equilibrio
- Cerebro y Memoria
- Meditación
- La Naturaleza
- Salud Nutricional
- Salud del sueño
- Viajar el mundo
- Historia
- Arte y Creatividad
- Música clásica
- Música y Conciertos
- En el Teatro



ORIENTATION

- How to Videos in
- English
 - Russian
 - Spanish
- Member Testimonials