Ways to Support Your Well-Being in the New Year

The gifts are tucked away, the wine bottles have been corked, and you’re ready to start fresh for the new year — likely with some resolutions in mind. Whether your clean slate involves financial, emotional, or physical well-being, there are plenty of opportunities right in Cambridge to keep you motivated and serene.

If you’re hoping to get your budget on track after holiday splurges, look no further than the Harvard University Employees Credit Union, which offers several personal finance workshops in January for community members. Enroll in courses including “Personal Finance Summit: Reach Your Money Resolutions in 2020” and “Financial Independence: Why Managing Your Finances Matters.” Find more details at huecu.org/workshops.

Redoubling your efforts to pay down student loans? Visit the First Republic Bank’s Brattle Street branch to learn more about their in-house refinancing options; it’s one of their primary focuses. Visit firstrepublic.com/student-loan-refinancing for more information.

If too much revelry has you craving a slice of Zen, drop into the Harvard Center for Wellness and Health Promotion. New in January 2020, Blue Cross Blue Shield of Massachusetts (BCBSMA) members, along with Harvard University Group Health Plan members, receive coverage for up to 20 acupuncture visits per calendar year—no referrals needed. Or simply try a tai chi or Pilates class. Go to wellness.huhs.harvard.edu for details.

Also in January, the Harvard Dance Center partners with the Harvard Office of Sexual Assault and Prevention to offer a free “Yoga for Restoration” course, beginning on January 27. Recalibrate with one hour of yoga, including conscious breathing exercises, low-to-moderate-intensity physical movements, and guided meditation. Learn more at harvarddance.asapconnected.com.

If you’re hoping to work off some holiday indulgence, drop into Harvard Recreation for a full 30-minute fitness assessment. A certified personal trainer provides a comprehensive look at your body mass index, body composition, weight, endurance, and upper body strength, so you can exercise with confidence. Find details at recreation.gocrimson.com.

Finally, if expanding your mind tops your list, enroll in a Harvard Division of Continuing Education course. Coming up this spring: “Introduction to Lifestyle Medicine,” focusing on nutrition, stress management, sleep, and more; and “The Good Life: Learning From Classical India,” examining how South Asian intellectuals defined happiness, pleasure, and fulfillment. See more courses at dce.harvard.edu. For an artsier spin, try the Cambridge Center for Adult Education’s “Intuitive Painting for Non-Artists” course, focusing on painting for stress relief and mindfulness—absolutely no skill required. Enroll at ccae.org.

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