

New Benefits & Mental Health

New for 2026

NYC Group Fitness Refresh

The 399 Park Avenue fitness program will feature an enhanced group exercise schedule that integrates seamlessly with your on-site medical care. These beginner-friendly classes are professionally led and developed in collaboration with our clinical team to support preventive health, ensure proper form and reduce injury risk.

Weekly Schedule

-  Monday: Vinyasa Yoga & Guided Meditation
-  Tuesday: Sculpt & Strengthen
-  Wednesday: Pilates
-  Thursday: Cardio Strength

Time: 5:30 PM to 6:15 PM

Location: 399 Park Ave. Multipurpose Room, Sub Level -2



Class registration opens January 2026 through mlpwellness.com.

Rotating specialty sessions—such as restorative mobility and sound bath meditation—will be featured throughout the year.

Stay tuned for more details as we launch a stronger, refreshed fitness experience for 2026.



Your On-Site Health Resource for 2026

As MLP introduces new health benefits, Millennium Wellness Center remains your most convenient and accessible source of care. Your on-site Millennium Wellness Center | 360 Medical is still the fastest way to address medical needs without leaving the building.

Our clinical team supports:

- Acute and bridged primary care
- Stress and anxiety concerns
- Musculoskeletal care, including chiropractic and physical therapy

Your new benefits expand your options, but your on-site team helps you fit health care into your workday, provides same-day support and guides you to the right care when you need it.



Mental Health Support at Millennium Wellness Center

Feeling Stressed? Try a Mindful Moment with Our Nurse Practitioners

If you have been feeling anxious, tense or mentally overloaded, a mindfulness visit may help you reset. This 15-minute appointment includes a guided meditation and brief wellness check with one of our nurse practitioners. It is designed to help you feel calmer, more grounded and ready to take on the rest of your day.

5 Signs it Might Be Time to Check In

Consider scheduling a visit if you are experiencing any of the following:

- Feeling more stressed or overwhelmed than usual
- Changes in sleep patterns or disrupted sleep
- Lower mood or difficulty concentrating
- Physical tension, headaches, or fatigue
- Simply feeling "off" and wanting a clinical perspective

A mindfulness visit offers a simple way to pause, breathe and reconnect with your well-being—right where you work.

[Schedule Here](#) >>

Did You Know

As part of our concierge-style care, Millennium Wellness Center | 360 Medical offer several elevated services designed to make managing your health easier and more convenient:

-  **White-glove service:** Door-to-door medication delivery designed to be convenient convenience and reduce unnecessary stress
-  **Personalized care:** One-on-one medication management tailored to your individual health needs
-  **Travel vaccinations:** Convenient access to recommended travel immunizations, with guidance based on your destination

[Schedule Here](#) >>

A Word from Our  Affiliate

Stronger Bones Start with Simple Movement

Building and protecting bone strength does not require complicated workouts.

Small, consistent movement can make a big difference in stability, balance and long-term health.

Click [here](#) to discover how exercise can help you build better bones.



Rehab Corner

A Simple 3-Day Full-Body Workout Plan

Looking to ease back into fitness this year?

This minimalist three-day routine uses simple, full-body movements you can do with basic equipment.

It's efficient, beginner-friendly and designed for busy professionals.

Click [here](#) to get started.

