



Introducing Independence LIVE!

Independence Blue Cross is pleased to unveil Independence LIVE — a new, 10,000 square foot, state-of-the-art, customer experience center featuring licensed agents, health and wellness programs, a tech arcade, and live cooking demonstrations.

Meet with an Independence representative

Full-service licensed agents are available to:

- Answer your benefits and claims questions
- Accept premium payments
- Enroll and renew members

Join us for health and wellness programs*

Mondays

12:15 – 1 p.m. **Yoga On the Mat:** Stretches, breathing, and postures to improve wellness with the use of only a mat

Tuesdays

10:15 – 11 a.m. **Family Fitness:** Easy exercises and techniques for parents and babies/toddlers
12:15 – 1 p.m. **Interval Training:** Effective, equipment-free exercises for lasting fitness results

Wednesdays

9:30 – 10:15 a.m. **Stretch and Relaxation:** Gentle stretches and relaxation techniques for seniors
Noon – 1 p.m. **Healthy Cooking:** Creative and easy meals full of nutrients for busy families
5:15 – 6 p.m. **Zumba® at Independence LIVE!:** Medium/high impact cardiovascular training in a group dance fitness setting

Thursdays

11:15 – Noon **Chair Yoga:** Stretches, breathing, and postures to improve wellness using chairs for support
12:15 – 1 p.m. **Mindfulness Meditation:** Techniques to manage stress and build resilience

*Please register online to reserve your place and confirm class times. This schedule may change.

Independence LIVE

1919 Market Street, 2nd floor
Philadelphia, PA 19103

Hours of operation

Customer service is open
8 a.m. – 5 p.m., Monday – Friday.

Learn more

Visit ibx.com/events



Independence Blue Cross offers products through its subsidiaries Independence Hospital Indemnity Plan, Keystone Health Plan East and QCC Insurance Company, and with Highmark Blue Shield — independent licensees of the Blue Cross and Blue Shield Association.