

# Living Well Programs

MVP Living Well programs are open to all unless otherwise noted. Most programs are free, compliments of MVP Health Care. Visit [mvphealthcare.com/calendar](https://mvphealthcare.com/calendar) to register for all classes. Space is limited and registration is required.

**Registration for all Spring classes will open at 8 am on Tuesday, March 28.**

## Hudson Valley In-Person Programs

### **Tai Chi for Health and Healing**

This course is designed for beginners and those who wish to improve and restore harmony to promote healing. Tai Chi principles and movements have been shown to help improve posture, breathing, joint flexibility as well as strengthen muscles, and improve balance, which will decrease the risk of falls. The focus on the mind/body connection assists in the internal flow of energy and external control of your body movements. Please dress in comfortable clothing and supportive footwear.

Meet in the basement community room.

Intensity: Low to moderate

Instructor: Roberta Gavner

Program Code: 6826

Wednesdays, 10:30-11:30 am, April 12 through June 14

Starr Library: 68 West Market Street, Rhinebeck, NY 12572

Hudson Valley Region

## **Striders Walking Club at Bowdoin Park**

Make a date with fitness and walk your way to wellness! The MVP Striders Walking Club is a free walking program. As an MVP Strider you will move through strength and balance exercises, walk at your own pace, and reap the many benefits of walking. This is a five-week in-person program that will meet on Wednesdays.

Meet at Pavilion 6.

Intensity: Low to moderate, walk at your own pace

Instructor: Seth Tasetano

Program Code: 6827

Wednesdays, 8:30-9:30 am, May 3 through May 31

Bowdoin Park: 85 Sheafe Road, Wappingers Falls, NY 12590

Hudson Valley Region