

Living Well Programs Schedule

Most programs are free unless otherwise noted, and offered to all members and non-members alike, compliments of MVP.

Registration for all classes will open at 9 am on Tuesday, March 26.

Visit mvphealthcare.com/calendar to register for all classes and for full class details. Space is limited and registration is required.

For questions or assistance registering for classes, call the MVP Medicare Customer Care Center at **1-800-665-7924** (TTY 711). Class schedules are subject to change.

Hudson Valley In-Person Programs

Always check with your doctor before beginning an exercise program. For accommodations of persons with special needs, call **1-800-665-7924** (TTY 711).

Cardio and Core

Mondays, April 15–June 17 **12–1 pm**

Dutchess Yoga

1820 Rte 376, Poughkeepsie

Join us for a dynamic low-impact class designed to elevate your heart rate and strengthen your core muscles. With the added challenge of resistance bands, we'll help you break a sweat and build strength together. No mats required, just come ready to move and challenge yourself!

Striders Walking Club

Wednesdays, April 17–June 19 **8:30–9:30 am**

Bowdoin Park

85 Sheafe Road, Wappingers Falls

Move through strength and balance exercises and walk at your own pace.

Powerful Tools for Caregivers

Wednesdays, May 8–June 12 **10:30–11:30 am**

Starr Library

68 W. Market Street, Rhinebeck

Powerful Tools for Caregivers class series helps caregivers take better care of themselves while providing for a friend or relative. By taking care of your own health and well-being, you become a better caregiver.

Chair Zumba

Wednesdays, April 24–May 29 **2–3 pm**

Kingston Senior Hub

1003 Development Court, Kingston

In Partnership with the Ulster County Office for the Aging, take a seat and get ready for a dance fitness workout! The class will feature seated movements that help to improve balance, coordination, and overall strength.

Visit mvphealthcare.com/calendar to see more program opportunities in these regions and to register online for all classes!



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