

Hudson Valley Health & Wellness Resources

MVP makes it easy for you to take on life and live well. Below are health and wellness resources available in the Hudson Valley. Many programs and events are free – check one out today!

DUTCHESS COUNTY DEPARTMENT OF HEALTH

- Get information, referrals, consultative services, outreach and training to assist in improving your health and well-being. [Dutchess County Department of Health](#)
- View the Dutchess County calendar of events for immunization and screening clinics, STD walk-in clinics and more. [Dutchess County Calendar of Events](#)

ORANGE COUNTY DEPARTMENT OF HEALTH

- Healthy Orange is an initiative through the Orange County Department of Health that addresses improved nutrition, increased physical activity and a tobacco free lifestyle. To learn more visit the Healthy Orange website. <http://healthyorange.com/section/healthy-orange/monthly-spotlight>

ROCKLAND COUNTY DEPARTMENT OF HEALTH

- Offers programs to help you quit smoking, be more active, eat better, get vaccinated, get checked for sexually transmitted diseases, and more! <http://rocklandgov.com/departments/health/programs-and-services/>

SULLIVAN COUNTY DEPARTMENT OF HEALTH

- “Eat Healthy. Move More.” To learn more visit: <http://co.sullivan.ny.us/Departments/DepartmentsNZ/PublicHealthServices/HealthEducationWellness/tabid/3308/Default.aspx>

ULSTER COUNTY HEALTH DEPARTMENT

- Ulster County offers residents ways to stay healthy; just <http://healthyulstercounty.net/> for more information.
- Also, see the Events Calendar for activities to get you and your family moving and having fun! <http://www.ulstercountyalive.com/calendar?ucext=true>
- See a [video](#) on stopping childhood obesity.

WESTCHESTER COUNTY DEPARTMENT OF HEALTH

- Go to the *Health* page for information on upcoming talks about diabetes and other important health topics. <http://health.westchestergov.com/services>
- For delicious and nutritious recipes and other healthy tips <http://health.westchestergov.com/nutrition>