

Living Well Programs

The MVP Medicare Community Health Promotion team, in collaboration with our community partners, provides innovative health and wellness programs, educational opportunities, and physical activity programs that empower and motivate the individuals we serve to live healthy and vibrant lives.


Our programs incorporate elements of the seven dimensions of wellness—physical, emotional, intellectual, spiritual, occupational, social, and environmental health—for a holistic approach to well-being.



Hudson Valley Region *Living Well* Programs

Living Well Ongoing Fitness Classes

There are **no fees** for these programs, compliments of MVP! Space is limited and registration is required.

 Call MVP Medicare Community Health Promotion at 845-897-6037.

MVP Striders Walking Club

Poughkeepsie Galleria Food Court, 2001 South Rd., Poughkeepsie

Striders Walking Club Kick-Off

Wednesday, February 28 8:30-9:30 am Program Code: 4909

Then every Wednesday through May 16, 8:30-9:30 am



Make a date with fitness and walk your way to wellness! As an MVP Strider you will stretch, gain strength with dynaband exercises led by the MVP Medicare Community Health Promotion team, and reap the many benefits of walking, all while connecting with a great group of people. You'll receive an MVP Striders Walking kit to help you on the road to success!

Hudson Valley Region *Living Well* Programs

Osteo Moves

Three-part series—plan to attend all three classes

Fountains at Millbrook, 79 Flint Road, Millbrook

Mondays, March 5, 12, and 19 2:30-3:30 pm Program Code: 4916

A gentle fitness class designed for people with osteoarthritis and/or osteoporosis. You may want to consult with your doctor before attending to discuss any possible limitations. Wear comfortable clothes and sneakers. You will receive fitness equipment and handouts so that you can continue to do the exercises at home.

Instructor: AFAA Certified Fitness Instructor

NEW! MVP Beginner Tai Chi Moves

Boardman Road Branch Library, 141 Boardman Rd., Poughkeepsie

Tuesday, March 27–May 15 10:15-11:00 am Program Code: 4924

Join us for an introduction to the art of Tai Chi Ch’uan. This class consists of slow, continuous whole-body movements with controlled breathing and mental concentration to create an awareness of how we move and adjust ourselves in the immediate environment. Tai Chi can improve balance, flexibility, muscle strength, and posture. Wear flat-soled shoes and loose, comfortable clothing.

NEW! MVP Chair Moves

Newburgh JCC, 290 North Street, Newburgh

Thursday, March 29–May 17 11:00-11:45 am Program Code: 4925

Stay as mobile and strong as possible! This chair-based class emphasizes strengthening, limbering, and stretching exercises for upper and lower limbs. Wear flat-soled shoes and loose, comfortable clothing.

Living Well Presentations

Build Strong Bones

Mulberry House Senior Center, 62-70 W. Main Street, Middletown

Monday, March 19 11:30 am-12:30 pm Program Code: 4953

No matter your age, developing good health habits can help you slow down bone loss and even help strengthen your bones. Learn how to improve your bone health and how exercise can help you manage your osteoporosis or osteoarthritis.

Hudson Valley Region *Living Well* Programs

Total Recall

Pine Plains Library, 7775 S. Main Street, Pine Plains

Wednesday, March 28 1–2 pm

Program Code: 4877

Explore how memory works and changes we can anticipate as we age. Learn easy techniques to improve your memory, what foods can help, and how to keep your brain sharp.

Sleep from A to Zzz

Town of Esopus Library, 128 Canal Street, Port Ewen

Wednesday, March 28 7–8 pm

Program Code: 4976

Pawling Library, 11 Broad Street, Pawling

Tuesday, April 17 7–8 pm

Program Code: 4806

Understand how good sleep can help you maintain good overall health. Learn strategies to improve your sleep habits, how much sleep is enough, the stages of sleep, and types of sleep difficulties.

Secrets to Successful Aging

Marlboro Library, 1251 Route 9W, Marlboro

Wednesday, April 11 11 am–12 pm

Program Code: 4968

Discover tips for aging with resilience and independence.

Arthritis Overview and Adaptations

Pawling Library, 11 Broad Street, Pawling

Tuesday, May 8 7–8 pm

Program Code: 4807

Discuss the three most common types of arthritis and what to do to cope with arthritis symptoms, like pain. Learn how to reduce your risk for developing arthritis, what to do to feel better if you have arthritis, nutritional information, ways to adapt your environment to stay independent, and exercises to help with symptoms.