

# 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

Most programs are free, compliments of MVP Health Care. Programs with fees are discounted for MVP members. MVP members receive priority registration for all *Living Well* programs; non-members may be placed on a waiting list.

## *Living Well* Ongoing Fitness Classes

If you do not see a *Living Well* ongoing fitness class in your service area, take part in a SilverSneakers® fitness program close to you! See page 12 for details.

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



**85 Sheafe Road, Wappingers Falls**

Park past the playground, near pavilion 3. Meet by soccer field entrance.

**Wednesdays, June 20–August 1 8:30–9:30 am** Program Code: 5006  
(no class July 4)

**Step outside and walk your way to wellness!** As an MVP Strider you will reap the many benefits of walking, all while connecting with a great group of people and enjoying the fresh air of the great outdoors. Receive an MVP Striders Walking Kit—including t-shirt, pedometer, and more—to help you on the road to success.

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### **MVP Beginner Tai Chi Moves**

**Boardman Road Branch Library, 141 Boardman Rd., Poughkeepsie**

**Tuesdays, July 10–August 4 10:15–11:00 am** Program Code: 5031

**MVP Health Care Walk-In Enrollment Center at Newburgh Mall  
1401 NY-300 Suite 1079, Newburgh**

**Wednesdays, July 18–August 8 10:15–11:00 am** Program Code: 5007

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 a combined mind-body experience. Tai Chi can improve balance, flexibility, muscle strength, and posture. Wear flat-soled shoes and loose, comfortable clothing.

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### **MVP Chair Moves**

**Newburgh JCC, 290 North Street, Newburgh**

**Thursdays, June 28–August 2 11:00–11:45 am** Program Code: 5055

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.

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**Space is limited and registration is required.**

To register, call the MVP Medicare Community Health Promotion at 845-897-6037.

## *Living Well* Presentations

### Fall Prevention Seminar

**Town of Beekman Senior Center**

**29 Recreation Center Road, Hopewell Junction**

**Thursday, June 21 12:15–1:15 pm**

Program Code: 4996

**Beacon Library, 313 Main Street, Beacon**

**Tuesday, July 17 1:30–2:30 pm**

Program Code: 5049

A simple fall can change your life and even impact your ability to live independently. The good news is that falls are not a normal part of aging and most can be prevented. This class discusses many factors that can contribute to falls and will give you strategies to overcome them. Please wear loose, comfortable clothing.

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### Chair Moves—Hands-on Demonstration

**Pawling Library, 11 Broad Street, Pawling**

**Tuesday, June 26 7–8 pm**

Program Code: 4808

Learn simple chair exercises that you can practice at home. Chair exercise is a good way to elevate your heart rate, build strength, and increase flexibility without the strain of weight-bearing exercise.

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### Top 10 Choices for a Healthier You

**Glen Arden, 214 Harriman Drive, Goshen**

**Thursday, July 19 3–4 pm**

Program Code: 5048

Learn and talk about the lifestyle choices you can make to be a healthier you, such as staying active, eating mindfully, and connecting with your community.