

Living Well Presentation

Healthy Foods That Aren't

Boardman Library, 141 Boardman Road, Poughkeepsie

Thursday, December 13 2–3 pm Cost: FREE Program Code: 5151

Dive into a discussion about foods and drinks that are commonly thought to be healthy, but that may be high in calories, fat, sugar, or sodium. Learn to separate the facts from fiction about these "health" foods so that you can make wise food choices.

Space is limited and registration is required. To register, call MVP Medicare Community Health Promotion at 845-897-6037.

Our Hudson Valley *Living Well* programs will return in Spring 2019.

Look for ongoing fitness classes, outdoor activity programs, health education classes, and more! Check your next issue of *Living Well* for details.

Help us grow our programs in the Hudson Valley.

Do you...

- Have a health and wellness topic that you would like us to include in our **Living Well** programs?
- Know of a community center, fitness studio, or other location that would be a good place to hold a **Living Well** program?
- Have any other suggestions for additional programs that MVP members in the Hudson Valley might enjoy?

Call us! We're here to help! Contact MVP Medicare Community Health Promotion at 845-897-6037.