

Hudson Valley Area

Health & Wellness Resources

MVP Health Care[®] is committed to having a positive impact on the health and wellness of the members we serve. The programs below are available in the Hudson Valley, many are free and open to all.

Dutchess County Department of Health

Educational programs available provide information, referrals, consultative services, outreach, and training to assist in improving your health and well-being.

Visit dutchessny.gov or call **845-486-3421** for more information.

Orange County Department of Health

Healthy Orange is an initiative that promotes a healthy lifestyle for children and families, addressing improved nutrition, increased physical activity and movement, and a tobacco-free lifestyle.

Visit healthyorange.com or call **845-360-6680** for more information.

Rockland County Department of Health

Programs offered to help you quit smoking, be more active, eat better, get vaccinated and screened for sexually transmitted diseases, and more.

Visit rocklandgov.com or call **845-364-2500** for more information.

Sullivan County Department of Health

Health education programs available that positively influence the health behavior of individuals and communities, as well as the living and working conditions that influence their health.

Visit co.sullivan.ny.us or call **845-292-5910** for more information.

Ulster County Department of Health and Mental Health

Healthy Ulster County offers residents preventive health related products, services, programs, and events to get you and your family moving and having fun. Visit the *What's Happening in UC Calendar* for scheduled activities.

Visit healthylulstercounty.net or call **845-292-5910** for more information.

Westchester County Department of Health

The Department offers programs and services to promote healthy behaviors for children and adults, protect you from illness, and control the spread of disease in your community.

Visit health.westchestergov.com or call **914-813-5000** for more information.

MVP offers health and wellness tools, programs, and classes to members.

Visit mvphealthcare.com or call **518-386-7936** to learn more.

