



# Living Well Programs

MVP Living Well programs are open to all unless otherwise noted. Most programs are free, compliments of MVP Health Care. Visit [mvphealthcare.com/calendar](http://mvphealthcare.com/calendar) to register for all classes. Space is limited and registration is required. Confirmation emails will be sent after registration is complete.

**Registration for all Summer classes will open at 8 am on Tuesday, June 28.**

## Hudson Valley In-Person Programs

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

Make a date with fitness and walk your way to wellness! The MVP Striders Walking Club is a free walking program. As an MVP Strider you will move through strength and balance exercises, walk at your own pace, and reap the many benefits of walking. This is a six-week in-person program that will meet on Wednesdays. *\*Your health and well-being are important to MVP Health Care, and that's why in addition to CDC and NYS guidance, we're taking extra precautions to keep you safe for this in-person program.*

Intensity: Easy to moderate, walk at your own pace

Instructor: Seth Tasetano

Program Code: 6347

Wednesdays, 8:30-9:30 am, July 13 through August 17

Bowdoin Park: 85 Sheafe Road, Wappingers Falls, NY 12590

Ulster, Dutchess, Putnam and Orange Counties



## **Summer Farm Visit at Poughkeepsie Farm Project**

In partnership with Poughkeepsie Farm Project (PFP). Tour the farm fields, educational gardens and more at a local sustainable farm and get a taste of seasonal summer produce of the Hudson Valley. Learn about plant ecology, sustainable agriculture, community food security, seed saving, and other education programs offered by PFP while touring the farm at peak growing season. Educators will lead harvesting and tasting of summer vegetables and discuss cooking and gardening with the produce featured. PFP grows a diverse variety of crops including vegetables, perennial fruits, and flowers on their 15-acre farm, which donates 40,000 pounds of food a year to the community as part of their food justice mission.

Program Code: 6357

Tuesday, July 19, 9:30-11 am

Poughkeepsie Farm Project: 51 Vassar Farm Lane, Poughkeepsie NY 12603

Ulster, Dutchess, Putnam and Orange Counties