



## Healthy Ulster County Week

May 3-11, 2014

“Together we can make Ulster County the healthiest county in NYS!”  
- Ulster County Executive Mike Hein

Healthy Ulster County Week includes events to encourage Ulster County residents to eat better, exercise more, and increase awareness of their health. During Healthy Ulster County Week special promotions are being offered by local businesses and others that want to help keep Ulster County residents healthy.

This year, County Executive Hein kicks off Healthy Ulster County Week at **Mohonk Mountain House** by presenting them with their **HEART Safe Community** designation signs in recognition of their commitment to the health and safety of its staff and visitors with CPR trained personnel and readily available defibrillators (AEDs).

The County Executive invites you to visit these Healthy Ulster County Week participants:

### Women's Health & Fitness Expo



Women's Health and Fitness Expo - <http://womenshealthexpo.com> –  
14<sup>th</sup> Annual Expo featuring over 100 booths and exhibits at Miller Middle School in Lake Katrine and will be focusing on “Creating the Healthy Kitchen: Eating Well to Live Well.”

- Over 100 booths and exhibits
- Over 20 free health screenings
- Seminars, workshops and fitness demonstrations
- Healthy Food Court with cooking demos and samples from area chefs
- “The Doctor is In” booth featuring private consultations with specialists
- Book signings by noted authors
- Spa treatments and more!
- Tickets are \$7 online or \$8 at door. **Saturday, 5/3 from 8:30am to 4pm**

**ABCD Kingston (Agri-Business Child Development) – [www.abcdny.org](http://www.abcdny.org)**

All are welcome to attend the Healthy Services Advisory Committee meeting at Deising's Bakery, 111 North Front Street, Kingston, rsvp to [kinhnc@absdny.org](mailto:kinhnc@absdny.org), **Wednesday, 5/7, from 9am-11am**

**AM/PM Homecare & Companion Agency – [www.ampmhomecare.com](http://www.ampmhomecare.com)**

1<sup>st</sup> Annual Caregiving Conference which includes education, tips, and resources for caregivers. Free Admission, Hudson Valley Mall/JC Penney Wing & Community Room, for more information [Melissa@ampmhomecare.com](mailto:Melissa@ampmhomecare.com), **Friday, May 16, from 9am-3pm**

**Binnewater Ice Co. in Kingston - [www.binnewater.com](http://www.binnewater.com)** – New customers who mention Health Ulster County Week will receive 5 free bottles and 1 free month of water cooler usage. (Requires a one year commitment and payment of refundable bottle deposit) **Healthy Ulster County Week, 5/3-5/11**

**Bootleg Yoga & Fitness – [www.bootlegyoga.com](http://www.bootlegyoga.com)** – Offering a special discount for one week of Mat Yoga & Fitness classes for the week - May 4-May 11, for \$25 (a 50% discount) to those who mention “Healthy Ulster County Week.” 1504 Rt. 9W, Malboro, NY 845-321-4902, **5/4-5/11**

**Buttermilk Falls Inn & Spa – [www.buttermilkfallsinn.com](http://www.buttermilkfallsinn.com)** – The Buttermilk Falls Inn & Spa will be offering healthy menu items during the week which include SPA: Grilled and Marinated Tofu, Avocado and Radicchio with Orange Tahini Dressing \$13; HENRY'S LUNCH: Grilled Chicken Salad with Cranberries and Toasted Almonds on Whole Grain Bread \$12; HENRY'S DINNER: Lentil, Golden Raisin and Roasted Garlic Stuffed Pepper with Arugula Pesto and Kale \$18; HENRY'S BRUNCH: Asparagus, Heirloom Tomato and Goat Cheese Frittata with Chervil Oil \$13, **Healthy Ulster County Week 5/3-5/11**

**Cornell Cooperative Extension of Ulster County – [www.cceulster.org](http://www.cceulster.org) –**

- **Demonstration of Fruit and Vegetable Carving.** Incorporating fruits and vegetables into meals can be fun and Cornell Extension Educator, Janie Greenwald, will demonstrate fruit and vegetable carving at Cornell Cooperative Extension, Kingston Plaza, 232 Plaza Road, Kingston. **Wednesday, 5/7, from 3pm-4pm**
- **Take a 20 minute walk for health** with a planned walking route from Kingston Plaza along storefronts in Uptown Kingston. Chat, sing, whistle a happy tune, and proceed at your own pace. Arrive 10 minutes before walk time at the Cornell Cooperative Extension at the Kingston Plaza, 232 Plaza Road, Kingston. Walk will begin at **2pm on Wednesday, 5/7**

**Dancing Meadow Thai Yoga Massage** – [www.dancingmadow.com](http://www.dancingmadow.com) – Schedule a Thai Yoga Massage at a discounted rate of \$70 for two hours **during Healthy Ulster County Week, 5/3 – 5/11**, or attend a free Wabi Sabi Hatha Yoga class for all levels. If you are experienced, enjoy the wonderful flow and opportunity to deepen your practice. If you are new to yoga, experience the healing that comes from learning how to breathe and listening to your body. Located at 30 Crispell Lane, New Paltz. **Tuesday 5/6 at 11am, Thursday 5/8 at 11am**

**Edible Independence** – [www.edibleindependence.com](http://www.edibleindependence.com) - Brought to you by Mountain Valley Manor Adult Care Home, buy 3 weeks of prepared meals and get one week of meals free! Just mention Healthy Ulster County Week when you call to order. No more worries about eating right as the chef prepared frozen meals are delivered weekly to your home or seasonal plan options of 7-14 meals are delivered weekly with a month's subscription. "In your home you are never alone." 845-331-MEAL (6325). **Healthy Ulster County Week 5/3-5/11**

**Ellenville Regional Hospital** - [www.EllenvilleRegional.org](http://www.EllenvilleRegional.org) - The cafeteria is serving Healthy Lunch Meals, including special additions to the salad bar and a heart-healthy soup each day, open to employees and the public, every weekday **during Healthy Ulster County Week**

**Essential Fitness** – [www.LoveEssentialFitness.com](http://www.LoveEssentialFitness.com) – Essential Fitness, located at 186 Broadway, Port Ewen is offering free classes and 2 personal training sessions with an evaluation and assessment to first time guests who mention "Healthy Ulster County Week" during **Healthy Ulster County Week 5/3-5/11**. A list of classes can be viewed on their website. They also offer ongoing free "healthy kids healthy hearts" classes every **Wednesday at 4pm** and free senior citizen classes on **Wednesdays at 11am**.

**Health Quest / Walkway Over The Hudson** – [www.health-quest.org/walkway](http://www.health-quest.org/walkway) –Take the Health Quest/Walkway Over the Hudson Fitness Challenge. It's the journey, not the destination that's important. And with any journey, it's so special to be able to document it and share with your friends that you're on your way! Health Quest is excited to announce a partnership with Walkway Over the Hudson to host the Walkway Fitness Challenge. They are asking the community to walk, run or bike the walkway for 30 minutes, twice a week to be eligible for a various prizes. Participants will be able to log their activity using the Health Quest U smartphone app or by taking a selfie on the walkway using the hashtag #HQHealthySelfie and sharing it on Twitter or Instagram. Throughout the challenge, Health Quest guests will be on the walkway to provide "Walk and Talks" on topics that are on all of our minds. Topics will include nutrition, heart health, proper stretching techniques, etc. For more information visit [www.health-quest.org/walkway](http://www.health-quest.org/walkway) or <http://walkway.org/>. **5/2-6/14**

**Hudson Valley Chiropractic & Wellness** -[www.drchristawhiteman.com](http://www.drchristawhiteman.com)  
Attend a free talk by Dr. Christa Whiteman "Age-proof Your Brain: Hacks for Maintaining Mental Sharpness" at Sun Creek Center, 8 Sun Creek Lane, Stone Ridge, **5/7, 7pm**

**Judy Moore & Associates Independent Wellness Consultants** – Attend one of the following free events in Marlboro (call or email for location), registration is required at 845-728-8116 or [awesomeyou@usana.com](mailto:awesomeyou@usana.com):

- **RESET** – a kick start to weight loss for Summer Slim Down and to balance digestive health, learn how a healthy gut can influence your body's immune response. **5/3 at 10am, 5/4 at 10am & 2pm, 5/5 at 6:30pm, 5/7 at 10am, 2pm, 6:30pm, 5/8 at 6:30pm, 5/10 at 2pm**
- **Spa Party** – relax and learn about patented cellular healthy or your skin, paraben free, science based skin care. **5/3, 5/4, 5/9, 5/10 at 6:30pm**
- **Health and Freedom** – take charge of your health, your life, your way. An in depth look at an opportunity for both health and wealth. **5/3 at 2pm, 5/6 at 6:30pm, 5/10 at 10am**

**Living Well Kingston Coalition** – [www.livewellkingston.org](http://www.livewellkingston.org) – The Live Well Coalition is building a better Kingston to walk, bike, eat and play. Attend one of two meetings being held to learn about their effort to create a city-wide partnership and action plan to create a better environment for active living and healthy eating. They will also be discussing new workgroups which are evolving from their strategic planning. **10:00 am** at Cornell Cooperative Extension, Kingston Plaza, 232 Plaza Rd, Kingston and **6:00 pm** at Kingston City Hall, Conf. Rm 1, Top Floor, Broadway, Kingston. Both meetings held on **Wednesday, 5/7**

**MAC Fit Kids** – [www.mac-park.com](http://www.mac-park.com) – Free visit for children ages 5-12 years old for an after school open house including active play and bounce house fun in a giant indoor park. Also, sign up a child for summer camp and receive a free “kids night out” for every week of camp reserved, up to a maximum of 3. Located at 743 East Chester St. Bypass, Kingston, **Tuesday, 5/6 and Thursday 5/8 from 4:30pm – 6pm**

**MAC Fitness** – [www.macfitness.net](http://www.macfitness.net) – Enjoy a complimentary one week trial membership at both clubs which includes all classes, gym equipment and a personal training session. MAC welcomes beginners! This is available to local residents who mention “Healthy Ulster County Week” and are first time guests, ages 18 and above. Clubs are located at 743 East Chester St. Bypass, Kingston and Kingston Plaza, 338 Plaza Road, Kingston. **Healthy Ulster County Week 5/3 – 5/11**

**March for Babies on Walkway over the Hudson –**

[www.marchforbabies.org](http://www.marchforbabies.org) – The March of Dimes is hosting a Walk for Babies on the Walkway over the Hudson. When you walk you support healthy babies, raise awareness and help bring an end to premature birth **on Sunday, 5/18 registration at 9am, walk at 10am**

**Mental Health Association in Ulster County** – [www.mhainulster.com](http://www.mhainulster.com) – Attend the Arts for Wellness opening with a mural promoting health, hope and healing, and featuring works of Mental Health Association participants, staff, interns, local organizations and community members. The theme of the project is “Compassionate Community” and was developed with the guidance of local artist Susan Togut. Admission is free and light

refreshments will be served. For more information contact Denise Ranaghan at (845) 339-9090 x 107 or [DRanaghan@mhainulster.com](mailto:DRanaghan@mhainulster.com). **Wednesday, 5/7, 5:30 pm – 7:30 pm**

**Mohonk Preserve's Rock the Ridge - [www.mohonkpreserve.org/rock-the-ridge](http://www.mohonkpreserve.org/rock-the-ridge)** - A 50-mile endurance challenge set in the natural beauty of the Mohonk Preserve, a vast, non-profit nature preserve situated in the Mid-Hudson Valley of New York State. The goal is to traverse a 50-mile course within 24 hours by walking, running, or any combination thereof. The course winds along carriage trails and paths, through the forests and ridgelines of the Preserve, lands which The Nature Conservancy has described as one of Earth's last great places. See website to register. **Saturday, 5/3**

**Mohonk Preserve's Healthy Ulster Spring - [www.mohonkpreserve.org/events/healthy-ulster-spring](http://www.mohonkpreserve.org/events/healthy-ulster-spring)** - Mohonk preserve is offering free 1-month memberships for all Ulster County residents which may be obtained at the Preserve's **Visitor Center in Gardiner (5/5-5/11)** and the **Spring Farm Trailhead in Marletown (5/10 & 5/11)**. Memberships must be picked up in person with the exception of minors, and proof of Ulster County residency is required. The membership will be good through June 9, 2014 for free access and may be obtained **during Healthy Ulster County Week, 5/5-5/11, 10am – 4pm (Visitor Center), 5/10-5/11 10am-4pm (Spring Farm Trailhead)**

**Mother Earth's Storehouse – [www.motherearthstorehouse.com](http://www.motherearthstorehouse.com) –**

- Enjoy a Healthy Ulster County Menu item from Mother's Kitchen, **Tuesday, 5/6, from 12pm–3pm**
- Attend Cooking Demonstration – Glorious Grains, **Thursday, 5/8, 12-3pm**
- Attend Cooking Demonstration – Versatile Salads, **Friday, 5/9, 1pm–3pm**
- Attend Cooking Demonstration – Savory Sides, **Saturday, 5/10, 1pm-3pm**

**Mountain Valley Manor Assisted Living Home in Kingston - [www.mountainvalleymanor.com](http://www.mountainvalleymanor.com)** - Spring Move In Special - \$1000 off your first month on a private suite when you mention “Healthy Ulster County Week” during **the month of May 2014**

**Opus 40 – [www.opus40.org](http://www.opus40.org) –** Opus 40 is holding its annual Community Day and invites their Hudson Valley community to come and visit Opus 40 at no charge in appreciation for the wonderful community surrounding them. Visitors may take a stroll of the grounds and visit the Quarryman's Museum, and there will be events for the kids and talks on Opus 40 for the grownups. **Saturday, 5/ 3, from 11am–5:30pm**

**Planned Parenthood Mid-Hudson Valley – [www.ppmhv.org](http://www.ppmhv.org) –** Free confidential HIV Testing, results in 20 minutes, Kingston Health Center, 21 Grand Street, Kingston on **Thursday, 5/8 from 11am – 4pm**

**Police Athletic League of Kingston - [www.kingstonpal.com](http://www.kingstonpal.com) - (845) 594-3231** - The Kingston Pal Boxing Club will offer a FREE month of boxing lessons with USA Boxing Certified Coaches in an Official USA Boxing Gym during **Healthy Ulster County Week, 5/3-5/11**

**Rondout Valley Growers Association, Inc. –**

[www.rondoutvalleygrowers.org](http://www.rondoutvalleygrowers.org) - The Rondout Valley Growers Association (RVGA) in association with the Rosendale Theatre is offering a special showing of the award winning documentary “What’s on your Plate?” The film is a witty and provocative documentary about children and food politics and follows two eleven-year-old African-American inner city children as they explore their place in the food chain. Admission to the film is \$7 for adults, \$5 for members and students. Following the movie, RVGA will be ending with a short presentation. There will be a healthy potluck dinner prior to the film in Willow Kiln Park (behind the theatre). Guests are asked to bring a healthy dish to share, your own drink, your own mess kit and a small sign letting others know the ingredients in the dish. Locally sourced products are encouraged! 408 Main St., Rosendale, **Tuesday, 5/6, 5:30pm Potluck Dinner, 6:30pm Film**

**Rosendale Theatre - [www.rosendaletheatre.org](http://www.rosendaletheatre.org) –** The Rosendale Theatre in association with The Rondout Valley Growers Association (RVGA) is offering a special showing of the award winning documentary “What’s on your Plate?” The film is a witty and provocative documentary about children and food politics and follows two eleven-year-old African-American inner city children as they explore their place in the food chain. Admission to the film is \$7 for adults, \$5 for members and students. Following the movie, RVGA will be ending with a short presentation. There will be a healthy potluck dinner prior to the film in Willow Kiln Park (behind the theatre). Guests are asked to bring a healthy dish to share, your own drink, your own mess kit and a small sign letting others know the ingredients in the dish. Locally sourced products are encouraged! 408 Main St., Rosendale, **Tuesday, 5/6, 5:30pm Potluck Dinner, 6:30pm Film**

**ShopRite of Kingston – [www.shoprite.com](http://www.shoprite.com) –** ShopRite of Kingston’s Registered Dietician will be hosting an in-store cooking demonstration and will be available to set up appointments for ShopRite’s free nutrition counseling services on **Friday, 5/9 from 12pm-3pm**

**Team Beach Body –**

[www.beachbodycoach.com/esuite/home/cleanandfit](http://www.beachbodycoach.com/esuite/home/cleanandfit) - Purchase a workout from Beachbody Coach Fran Barlow, who is also a personal trainer, certified INSANITY Coach, Nurse (LPN) and health and fitness coach. Anyone who purchases any workout from the website will get FREE coaching/personal training. Also offering Mother’s Day Specials. **Healthy Ulster County Week 5/3-5/11**

**Town of Marlborough Recreation Department –**

[www.facebook.com/groups/marlborofitclub](http://www.facebook.com/groups/marlborofitclub) - Attend the Marlborough Fit Club with Dr. Joe Wiles. Classes are held at Marlboro High School, Cross Rd., Marlboro and free and

open to the public. For more information call 845-236-9162. **Monday, 5/5 at 6:30pm and Thursday 5/8 at 6:00pm**

Ulster County Healthy Families – [www.institute2000.org/health-care/services/services-for-families](http://www.institute2000.org/health-care/services/services-for-families) - Ulster County Healthy Families offers ongoing services for pregnant and parenting families that support healthy child development and parent child bonding. All services are free. 15 Rail Road Avenue, Suite 401, Kingston, **Monday - Friday from 9am-5pm**

Women's Woodstock Cycling Grand Prix - [www.wwcgp.com](http://www.wwcgp.com) - WOMEN'S ONLY bicycle event held on courses that include some of the MOST challenging as well as scenic roads in the Northeast. This event is also to raise funds and awareness for HOPE's Fund ([hopesfund.org](http://hopesfund.org)), while at the same time continuing a quest to create a marquee event for WOMEN competitive cyclists internationally. **Saturday, 5/3**

YMCA – [www.ymcaulster.org](http://www.ymcaulster.org) –

- Enjoy the wonderful fitness classes that the YMCA has to offer during this week which includes water, yoga, fitness, cycle, TRX and Bootcamp classes which are some of the many classes offered. Classes are at a reduced fee of \$5. **Healthy Ulster County Week, 5/3-5/11**
- Kid's Classic is being held for children Pre-K to 8<sup>th</sup> Grade and is an exciting experience for any child. The cost is \$10 per child and will take place at Dietz Stadium, Kingston. **Saturday, 5/3, from 8am-12:30pm**
- First Annual YMCA Bike Festival - May is National Bike Month. Participate in a bike rodeo, learn safe biking skills, take a quick course on fixing a flat tire, take bike rides, and enjoy games for kids and learn about the new Lend a Wheel Program. Event is free, 507 Broadway, Kingston, **Sunday, 5/4, from 11am – 3pm**
- Hike Seewackamano which has beautiful nature trails to explore. If interested, please contact Jodi Petrozak at [jpetrozak@ymcaulster.org](mailto:jpetrozak@ymcaulster.org) by May 8<sup>th</sup>. **Saturday, 5/10, from 10am – 1pm**
- Mother's Day Strawberry Planting. Help the YMCA plant their first strawberry crop. Bring your mom, your kids, a friend or come alone. There is something for everyone to do. **Sunday, 5/11, from 10am – 2pm**

YWCA – [www.ywcaulstercounty.org/2nd-annual-mothers-day-5k](http://www.ywcaulstercounty.org/2nd-annual-mothers-day-5k) – 2<sup>nd</sup> Annual Mother's Day 5K Run/Walk. The Run/Walk begins at 10am but the Mini-Miler for children 10 and younger begins at 9:30am. The race will take place throughout uptown Kingston and finish at the YWCA. Pre-register - \$15 Adults, \$10 for 12 years and younger. Contact of visit YWCA for a registration form or print online, the first 150 to register receives a free t-shirt. Family fun activities will take place at Academy Green following the 5K. **Saturday, 5/10, 9:30am-3pm**

511NY Rideshare - [www.511nyrideshare.org](http://www.511nyrideshare.org) - Bike, walk, ride the bus or carpool to work or school. Find potential ride matches from their growing database of travelers. Register today! It's free! Visit [511nyrideshare.org](http://511nyrideshare.org) or call 511 and say "Rideshare."

**Take a Walk or Ride your Bike** – Ulster County is home to many wonderful places that you can walk and/or bike at any time, including but not limited to:

- Sam's Point Preserve in Cragmoor [www.nature.org](http://www.nature.org)
- Minnewaska State Park Preserve in New Paltz [www.nysparks.state.ny.us](http://www.nysparks.state.ny.us)
- Wallkill Valley Rail Trail in New Paltz [www.gorailtrail.org](http://www.gorailtrail.org)
- Town of Shawangunk Rail Trail
- Walkway Over the Hudson in Highland [www.walkway.org](http://www.walkway.org)
- Hudson Valley Rail Trail in Highland [www.hudsonvalleyrailtrail.net](http://www.hudsonvalleyrailtrail.net)
- D & H Canal Heritage Corridor [www.dandhcorridor.org](http://www.dandhcorridor.org)
- Overlook Mountain Fire Tower in Woodstock [www.catskillcenter.org/towers](http://www.catskillcenter.org/towers)
- Belleayre Mountain in Highmount [www.belleayre.com](http://www.belleayre.com)
- Catskill Forest Preserve [www.dec.state.ny.us](http://www.dec.state.ny.us)
- Hurley Rail Trail
- Byrdcliff Arts Colony  
[http://www.woodstockguild.org/images/stories/byrdcliffe\\_walkingtour.jpg](http://www.woodstockguild.org/images/stories/byrdcliffe_walkingtour.jpg)