



# HEALTHY HORIZONS

## A Mental Health Recovery Program Ages 18+

Healthy Horizons is a 12-week program designed to promote physical health and well-being and encourage community connection for those in the mental health recovery process. Participants will work on goal setting and tracking while learning about exercise, nutrition, meditation and mindfulness. Each participant will graduate with supportive relationships and the education tools necessary to continue their health and wellness journey.

**For more information and to register please contact:**

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### Program Details:

- Classes meet once per week via zoom and once per week for an in-person workout under the supervision of a personal trainer
- Includes a 12-week complimentary family YMCA membership during the program and an additional 12 weeks individual membership upon successful completion of the program

### Participation Requirements:

- Healthy Horizons welcomes any adult in the community who has been diagnosed with a mental health disorder and is in the recovery process.
- Health care provider form
  - For those in recovery from substance abuse, a referral form must be filled out by a health care provider and submitted prior to participation. Participants must be in the maintenance stage of recovery and 60 days from last use.
  - For all other mental health diagnoses, a letter from a health care provider is required to confirm diagnosis and the in recovery process.