



Healthy Horizons

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Healthy Horizons in a Nutshell

- A free 12 week health and wellness program designed in mind to help build positive relationships to exercise, nutrition and overall wellness; encouraging community connection
 - Building a positive relationship to these things allows us to better cope with stress, regulate emotions, and build stronger connections to ourselves and others
- All participants receive a complimentary Y membership during their time in the program, extended another 3 months upon successful completion of program
- Funded by donor dollars



The 5Ws - WHO

- WHO is eligible to participate?
- Anyone who has a mental health diagnosis that can be verified by a therapist, psychiatrist, physician, etc. A referral or letter of recommendation is required.
 - If recovering from substance use disorder, 60 days of sobriety time is required
- Adults - all participants must be at least 18 years of age
- People of all backgrounds - fitness, walks of life, etc.
- A means of transportation is necessary





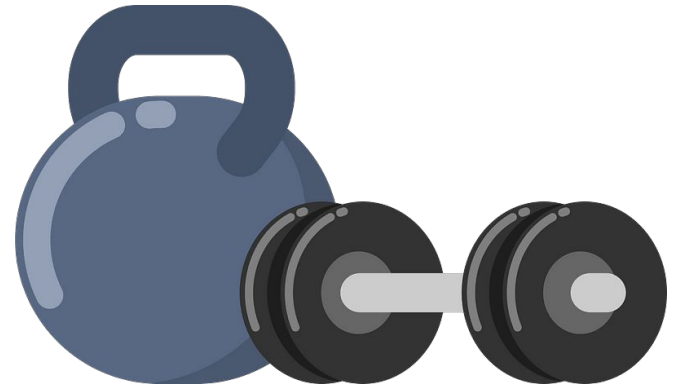
The 5 Ws - WHAT

- What does our programming look like?
- One required in-person session each week and one required virtual Zoom meeting every Wednesday evening
 - In person meetings = group fitness!
 - Day time and evening times available in the Doylestown, Warminster and Fairless Hills branches
 - Wednesdays are on Zoom at 6pm - discussion and educational based depending on weekly theme, featuring a multitude of guest speakers

The 5 Ws - WHAT

- Each week has a specific theme - examples include basic exercise training principles, nutrition, stress management, etc.
- Childcare is available - Stay & Play for ages 3 months through 6th grade
- Graduation ceremony on week 12

** With complimentary Y membership, our participants are also able to attend group exercise classes without cost and have access to our virtual exercise platform, Y Wellness My Way 24/7






The 5Ws - WHEN


- Healthy Horizons offers three sessions each year: fall, winter, and spring
 - Our fall '22 session began 9/2022 and graduation was held on 12/5/22
 - Seven participants graduated from our fall session - the most in the program's history!
 - **Winter '23 began 1/16/23!**
- Five times a week there is an opportunity to connect with the group - subject to change with each session
- Required attendance - one in person group fitness meeting and Wednesdays
 - Attendance policy: 3 or more unexcused absences will result in unenrollment from program

Winter 2023 Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
	Virtual Office Hours from 11-11:30am			Fairless Hills 7-8am
Doylestown, in-person from 12-1pm			Warminster, in-person from 12-1pm	
Fairless Hills, in-person from 6:30-7:30		Zoom county-wide, 6-7pm	Warminster in-person from 6:30-7:30pm	

Please note: schedule is subject to change with each session



The 5 Ws - WHERE

- In-person sessions in both our Central and Lower Bucks region - Doylestown and Warminster, Fairless Hills
- Fall '22 was the first time Warminster hosted HH, Winter '23 will mark our arrival to Lower Bucks
 - Upper Bucks TBD
- In the horizon (pun intended), we hope to serve our entire association, including our Quakertown branch and our Hunterdon County NJ region

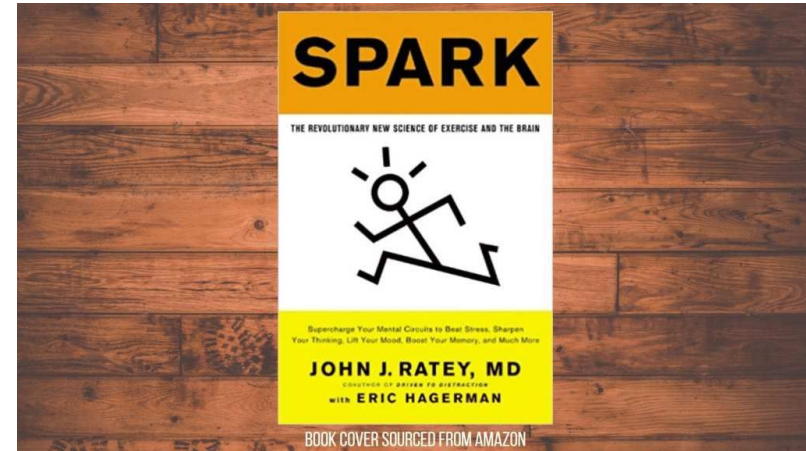
The 5 Ws - WHY

- We DO recover! We have the power to recover through the support of others and through learning how to take care of ourselves through movement, eating nutritious foods!



Following Graduation

- After successfully completing the program, all graduates receive “Spark” by John J Ratey and a T-shirt
- Continually connected to the group and still have extended Y membership for 3 months
- Informal meetings/workouts to stay connected to group once program has ended
- Alumni nights





Helpful links for future participants

- [Healthy Horizons information and interest form](#)
- [Wellness programming](#)
- [Stay & Play](#)