

## INSPIRING MENTAL WELLNESS TOGETHER

“ This program helped me feel more confident in myself and what I can achieve. It taught me how to adopt a healthy lifestyle to be the best version of myself. ”  
- Anastasia, Program Participant

“ Mental wellness is a proactive process that helps someone successfully manage life's stresses and adapt to challenging situations. This program builds on the existing holistic approach at Hunterdon Health, and helps our community members build resilience and improve overall function. Current program outcomes confirm our belief that this integration plays a significant role in supporting mental health. ”  
- Gina Galiano, Psy.D., Clinical Psychologist, LPC, LCADC, ACS  
Behavioral Health Outpatient Services Director

“ Care integration helps to address an individual's total health needs. This program focuses on integrating mental health with fitness and nutrition as well as empowering individuals to actively participate in managing their health and wellness journey. ”  
- Mary Benyola, Director  
Hunterdon Health and Wellness Centers

“ Nutrition is so important to everyone's health and wellbeing. Our team of Registered Dietitians are honored to be part of this innovative program. ”  
- Geri Galle, Practice Director, Center for Nutrition and Diabetes Management

“ My husband, Peter, and our family are hoping to bring much needed help to others dealing with mental health challenges with our donation made in honor of our niece, Betsy Boettcher. We are honoring Betsy in this way so that we help make a positive impact by helping others currently struggling with mental illness. We are hoping that our donation inspires others to join us in honor of someone who has either been challenged by mental illness or are currently in need of support. I believe we can all play a role in making a difference in the lives of those who are personally struggling with their mental health. ”  
- Maggie Baumann, Program Donor



**Hunterdon Health**

Hunterdon Health Foundation  
9100 Wescott Drive, Suite 202  
Flemington, NJ 08822



**Hunterdon Health**

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“The power of personal transformation”

*Mental Wellness*  
PARTNERSHIP PROGRAM



**IMPROVING MENTAL HEALTH  
THROUGH  
FITNESS & NUTRITION**

# Support

## MENTAL WELLNESS PARTNERSHIP PROGRAM



**Hunterdon Health**

Hunterdon Health Foundation

Donations to the Mental Wellness Partnership Program directly support program initiatives and expand access to those in need. Your contributions will provide individuals with a holistic approach to mental wellness. Together, we can create a more accessible, supportive environment for those facing mental health challenges.

### Make a Difference, Donate Today

- **Online Donation:**  
Visit [HunterdonHealthFoundation.org](http://HunterdonHealthFoundation.org) or scan the QR code to make a secure credit card donation. Be sure to designate the Mental Wellness Partnership Program during checkout.
  - **Monthly Giving:** Set up an online recurring monthly donation at [HunterdonHealthFoundation.org](http://HunterdonHealthFoundation.org) to provide ongoing program support.
- **Check Payment:**  
Send a check payable to Hunterdon Health Foundation with "Mental Wellness Partnership Program" in the memo to:  
Hunterdon Health Foundation  
9100 Wescott Drive, Suite 202  
Flemington, NJ 08822

All gifts are tax deductible. For more information please contact Hunterdon Health Foundation at 908-788-6141 or [foundation@hhsnj.org](mailto:foundation@hhsnj.org).



The Mental Wellness Partnership Program is founded in the belief that nutrition and fitness are pillars of mental health as evidenced in numerous studies. The program offers wellness services to patients of Hunterdon Behavioral Health. These services are provided under the guidance of certified professionals at the Hunterdon Health and Wellness Centers and Center for Nutrition and Diabetes Management.

### Program includes:

- A multidisciplinary team of mental health professionals, certified personal trainers, and registered dietitians that provide comprehensive and personalized wellness
  - Fitness and nutrition coaching sessions
  - Tools and techniques that empower participants to achieve their personal wellness goals
  - Wellness resources that assist in establishing and maintaining a health lifestyle
  - Access to the Hunterdon Health and Wellness "Medical Fitness" Centers



The program provides integrated care for a period of 3 months with transition to a plan that supports lifelong health and wellness.

For program information,  
scan or email us at  
[mentalwellnessprogram@hhsnj.org](mailto:mentalwellnessprogram@hhsnj.org)



## MENTAL WELLNESS PARTNERSHIP PROGRAM

### TRANSFORMING LIVES TOGETHER

The Mental Wellness Partnership Program focuses on a whole-person approach to wellness and supports the future of mental health. Individuals complete the program with an awareness that the way they move, eat, and think sets the stage for positive transformation enabling individuals to experience a higher quality of life.

