

## **About Health Club**

ReDiscover's Health Club provides clients enrolled in ReDiscover's Community Psychiatric Rehabilitation Program with one-on-one and group coaching in:

- Exercise
- Nutrition
- Tobacco Cessation
- Gardening
- Overall Wellness

Our Health Club coaches meet clients where they are in their wellness journey and collaborate with them to create healthy and sustainable habits.



## **Exercise**

In Health Club, clients have access to a personal trainer who will help them learn how to use exercise equipment, and make a workout plan to better their physical health. Clients can also learn yoga with our certified yoga instructor.

## **Nutrition**

To help improve clients' diets, our Health Coaches will provide education on the importance of nutrition, have cooking classes, and help clients develop personalized meal plans.

## **Tobacco Cessation**

In Health Club, clients will work with a Certified Tobacco Treatment Specialist to start their tobacco cessation journey.

## **Gardening**

Gardening is not only a healthy and fun activity, but it will teach clients about growing their own food, being self-reliant, and using personal growth to improve mental and physical health.

## **How to Enroll**

- Have a ReDiscover CSS, Nurse or Prescriber complete a referral
- Obtain Medical Release from your Primary Care Physician
- Meet with a Health Coach for intake and orientation
- Set a schedule with Health Coach

