



Today's Date: December 14, 2016
Release Date: IMMEDIATE

Contact: Leigh Farmer
Manager of Communication and PR
434-841-8051

Lynchburg, VA – Horizon Behavioral Health (HBH) is continuing its effort to create a healthier environment for its staff and clients, by partnering with the YMCA of Central Virginia to offer health and wellness opportunities that are accessible and affordable. Horizon's CEO/ Wellness Challenge aims to provide opportunities to engage in healthy activities both inside and outside of the agency. That is why Damien Cabezas, CEO of Horizon Behavioral Health, began this effort a year ago. He recognizes the need to encourage healthy behavior. "We know our consumers have a high prevalence of chronic health issues like diabetes and high blood pressure. Additionally, our staff encounter trauma and stress every day. We care about their wellness and we're committed to supporting their work/life balance with these types of initiatives."

Horizon's partnership with the YMCA began with a discount absorbed by the agency for all staff members. But the YMCA wanted to do more, so they decided to match that discount, creating an even more affordable option for Horizon staff. "As the community's leading non-profit for health and wellness we strive to ensure access to the unique life enhancing programs that can be found here at the Y." Stated Jay Parker, COO of the YMCA of Central Virginia, "We are excited to partner with Horizon and extend this opportunity to their staff as part of our efforts to provide healthy lifestyle options for all in our community."

Horizon's CEO/ Wellness Challenge began a year ago and has motivated a ripple of changes throughout the organization. Each service portfolio now incorporates an emphasis on physical health in their treatment plans. Additionally, employees are now stepping up and offering to teach after-work exercise classes like mindfulness, yoga and Zumba.

About Horizon Behavioral Health: *Horizon Behavioral Health has been the premier behavioral healthcare provider in Central Virginia for more than 47 years. In the last year, Horizon provided clinical services to more than 15,000 adults and children addressing problems with mental health, substance use and intellectual disabilities. Last year, more than 2200 individuals and 200 families took part in our prevention programs.*

About the YMCA of Central Virginia: *The YMCA of Central Virginia strengthens our community through youth development, healthy living and social responsibility. The Y has the long-standing relationships and physical presence not just to promise, but to deliver lasting personal and social change. ymcacva.org*

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