



What do you think of when you hear the word 'healthy'?

Most of the time what we think about isn't ourselves. We think of someone else as healthy, the food other people eat as healthy, someone else's active lifestyle as healthy, and how someone else thinks about life and themselves as healthy... usually "healthy isn't me," we think.

But what if 'healthy' could be you?

Healthy Communities Partnership is sponsoring a brand new effort to help you become the definition of healthy, through our intensive, holistic program called Healthy U.

For more information:



HEALTHY U

232 Lincoln Way East, Suite B
Chambersburg, PA 17201

Karen Johnston, Executive Director
kpjohn.hcp@gmail.com
717-264-1470 x1

Christy Unger, Program Coordinator
christy.hcp@gmail.com
717-264-1470 x2



*Helping you become
the definition of healthy.*



*Helping you become
the definition of healthy.*

Sponsored by



The Six Dimensions of Health

According to Vanderbilt University the six dimensions of health include: **physical**, **psycho-social**, **intellectual**, **spiritual**, **emotional**, and **environmental**. If we can learn to develop each of these dimensions we will become healthier, our families will become healthier, and eventually our communities will become healthier too.



What is Healthy U and how can it help me become healthier?

Healthy U is an interactive group experience that can benefit people of all ages. The group activities, discussion, and overall duration and structure can be modified based on your setting and objectives. Healthy U can be tailored for the classroom, a weekend retreat, a summer camp experience, or more.

Participants will not only hear some useful information, but have an opportunity to discuss new strategies, practice new skills, and crystalize attainable goals that can lead toward transformation. And throughout our time together, participants will have a chance to form positive, supportive relationships with others headed toward the definition of healthy in their own lives.

Healthy, transformation, together – you need this!

Eight Areas for Healthy Renovation

Healthy U provides you with an overview of the skills and resources you need to pursue health in all six dimensions by helping you renovate 8 different areas of your life:

PHYSICAL

Healthy Food – learning simple & healthy recipes for snacks & meals

Healthy Activity – practicing stress-relieving exercise routines that don't require extra equipment

Healthy Addictions – replacing unhealthy unnatural highs with healthy natural highs

PSYCHO-SOCIAL

Healthy Relationships – exploring trust, respect, and friendship builders and destroyers

Healthy Technology – navigating through healthy virtual and electronic consumption

ENVIRONMENTAL

Healthy Environments – contributing toward healthier interactions with the people and places in your life

INTELLECTUAL, SPIRITUAL & EMOTIONAL

Healthy Mind – building resiliency and confidence through positive reflection

Healthy Choices – discovering an effective decision-making process that leads to safety and success

The Healthy U experiences can be intense at times, but they are also fun and engaging. Healthy U challenges you to go beyond your current routine, do the tough work of examining your life, and make changes to become more than how you've been living.

You CAN become the definition of healthy.

It won't be easy, but you CAN do it. And we can help.