

# HEALTHY MOVEMENT AT HOME

*Exercise improves overall wellness*



Trillium supports members experiencing mental health, substance use and intellectual/developmental disabilities to stay healthy at home.

Trillium's Healthy Movement At Home project will grant up to 100 pieces of interactive home gym equipment to our members.

## How to Apply:

- ▲ Complete an application form between 10/9/2020 and 10/30/2020 at 5PM.
- ▲ Applications will be considered in the order they are received.
- ▲ Members who are 20 miles or more from a gym or exercise facility will get priority.
- ▲ Details on equipment are found in a separate flyer on our [website](#).

Trillium will contact those who are approved for a piece of equipment. Updates will be shared on the Trillium website.

[Apply Here](#)

