

FOR IMMEDIATE RELEASE —

Outdoor Fitness Equipment Donated to Horizon's Earth Heart Park

Apache Junction, AZ (May 12, 2022) — Visitors to Horizon's Earth Heart Park can now stay fit by using outdoor fitness equipment just installed in the park, thanks to a Capital Grant from Arizona Complete Health. The donation provided funding for an outdoor "motion and fitness playground" geared toward children.

Earth Heart Park is a community garden area on the campus of Horizon Health and Wellness. The park was designed to bring the community together in a special place where young and old can experience the joy and wonder of gardening, while appreciating the unique desert plants and trees. This beautiful four-acre park and community garden in Apache Junction is a place to promote health and wellness for the community.

The equipment, comprising of step ups, handhold leg lift, sit up/push up bench, jump touch, parallel bars, and curved balance beam, is now available and spread throughout the park at 625 N. Plaza Drive in Apache Junction.

"The generous donation of this outdoor fitness equipment from Arizona Complete Health will be a welcome addition to the park for all those seeking a healthier lifestyle," said Laura Larson-Huffaker, CEO of Horizon Health and Wellness, adding, "This is just one of our many endeavors to fulfill our mission of improving the health and wellness for the communities we serve."

"Earth Heart Park is exactly the type of project aligned with our mission of transforming the health of the community, one person at a time," said Martha Smith, Arizona Complete Health President. "We are honored to be able to add outdoor fitness equipment to compliment the community garden area on the campus of Horizon Health and Wellness. This way, we can raise awareness of the importance of exercise and proper nutrition while providing a safe place to bring the community together."

Earth Heart Park visitors can now enjoy the serenity and peacefulness of the park, while their children can have fun and benefit from exercising on the new outdoor equipment. Research shows that exercising outdoors has many benefits. People with access to green environments exhibit better well-being and functioning scores in social, physical, and psychological domains.

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About Horizon Health and Wellness

Horizon Health and Wellness is a non-profit integrated health care provider licensed in Arizona and accredited through the Joint Commission to deliver an extensive array of inpatient, outpatient, and residential services for all ages and stages of life. Horizon offers comprehensive health care services that include family medicine, emotional and behavioral health, addiction treatment, Telehealth and more. For more information, call (833) 431-4449 or visit www.hhwaz.org.