



FOR IMMEDIATE RELEASE

FOR MORE INFORMATION:

Contact: Matthew Miller, Trustee

Phone: 973-531-7234

Email: Matt@TheADI.org

Anxiety & Depression Initiative Awards \$10,000 Grant to Willingboro Township to Promote Mental Health Through Physical Activity

[Little Falls, NJ (2/11/2025) --- The Anxiety & Depression Initiative (The ADI) is proud to announce the awarding of a \$10,000 grant to Willingboro Township for their innovative “Get Out and Get Active” program. This initiative is designed to promote mental health and well-being through the power of physical activity, aligning closely with the ADI’s mission to advance active lifestyles as a means to manage anxiety, depression, and other mental health challenges.

The “Get Out and Get Active” program aims to address two critical areas:

- **Encouraging Active Lifestyles:** Introducing and facilitating physical activity for individuals living with mental health challenges to improve their overall quality of life.
- **Community Education:** Raising awareness about the transformative mental health benefits of regular physical activity, including its ability to reduce symptoms of anxiety and depression and enhance general well-being.

“We are thrilled to support Willingboro Township in launching this impactful initiative,” said Matthew Miller, Trustee and Co-Founder of the Anxiety & Depression Initiative. “Their commitment to integrating physical activity into mental health programming exemplifies the kind of forward-thinking approach that aligns with our mission of fostering healthier communities through movement and awareness.”

The Anxiety & Depression Initiative recognizes that physical activity and education are powerful and underutilized tools for improving mental health outcomes. By funding and supporting projects like “Get Out and Get Active,” the ADI strives to create opportunities for individuals to experience the benefits of an active lifestyle while fostering greater awareness of the connection between physical activity and mental well-being, particularly in underserved or at-risk communities.

This collaboration with Willingboro Township will provide residents with accessible and inclusive programming, helping to build a more resilient and health-focused community. The ADI looks forward to seeing the positive impact of this partnership as it brings attention to the critical intersection of mental health and physical activity.

About the Anxiety & Depression Initiative (The ADI):

The Anxiety & Depression Initiative is a nonprofit organization dedicated to promoting physical activity as a means of managing and reducing the symptoms of anxiety and depression. The ADI’s mission is to help



individuals incorporate active lifestyles into their mental health journey and to raise awareness of the benefits of physical activity as a mental health intervention. Learn more about the ADI at www.TheADI.org.

For more information about the Anxiety & Depression Initiative or this grant, please contact Matthew Miller at 973-531-7234 or Matt@TheADI.org.

About Willingboro Township:

Willingboro Township is committed to fostering a vibrant and inclusive community by supporting initiatives that enhance quality of life, mental health, and overall well-being for its residents. Learn more about Willingboro Township at www.willingboronj.gov.

For more information about the “Get Out and Get Active” initiative or to learn how you can get involved, please contact Kendall O. Brunson at 609.877.2200 ext. 1111 or kbrunson@willingboronj.gov.

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The Anxiety & Depression Initiative, Inc.
P.O. Box 126, Little Falls, NJ 07424
973-531-7234
www.TheADI.org

The Anxiety & Depression Initiative is a New Jersey based 501(c)(3) nonprofit organization that is dedicated to promoting and supporting the use of an active and healthy lifestyle as a means to reduce the symptoms of anxiety and depression in our community. To find out more about our organization go to our website at: www.TheADI.org