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Chrysalis Center's Opens New Fitness Center
Ribbon Cutting Ceremony with DMHAS Commissioner Miriam Delphin-Rittmon

Hartford, CT – Chrysalis Center is pleased to announce the opening of a new fitness center for its participants. Located on the organization's Homestead Ave location in Hartford, the new center was funded through a private donor, with support from the Department of Mental Health and Addiction Services (DMHAS). DMHAS Commissioner Miriam Delphin-Rittmon stopped by Chrysalis Center this morning to help officially open the new center at a ribbon cutting ceremony.

Chrysalis Center is a national leader for providing health, wellness and recovery activities for persons living with schizophrenia, bipolar, depression, anxiety and other serious mental disorders. For the past three years, the organization has operated "In Shape" an exercise program which pairs clients with a personal trainer. With a new fitness center on site, the agency will now be able to offer will no longer need to pay for gym memberships for clients.

The state-of-the-art fitness center features a beautiful blend of open space, fitness equipment, free weights and accessories to help strengthen and improve muscles, posture and help clients with balance. The new center makes the organization unique as the only state-wide organization to provide this opportunity to clients.

"The individuals we serve struggle with a mental health diagnoses or substance abuse and are often co-occurring. They are living at or below the poverty line. They have less choices, less options and very limited opportunities to become healthy. They are not only at-risk of developing serious physical conditions, life expectancy is lower. The leading causes of death amongst this population is not having access to health and wellness opportunities" said Sharon L. Castelli, CEO of Chrysalis Center.

By opening this new beautiful space, we can provide fitness classes, nutrition and cooking classes, mindfulness activities and other opportunities which will have a real impact and help them live longer, healthier lives" said Castelli.

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About Chrysalis Center

Chrysalis Center is a private, non-profit, socially innovative, multiservice organization that serves individuals and their families living in the State of Connecticut. Chrysalis Center helps those living in poverty, Veterans, men, women, children, and young adults who are struggling with mental health, addiction, HIV/AIDS, those returning from incarceration and homelessness. Find more information about how Chrysalis Center provides supportive services to assist people in need to transform their lives at: [Chrysalis Center](#). Getting help...Getting better...Giving back.

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