



Morristown named 'Healthy Town to Watch' by NJ Quality Institute

The Town of Morristown is excited to have been named one of the healthiest towns in New Jersey by a leading health and wellness institute!

New Jersey Health Care Quality Institute announced this week that Morristown is now a Healthy Town to Watch, thanks to our continued efforts to promote health and wellness through our Morristown Mayors Wellness Campaign (MWC), Food Drive, Senior Chair Yoga, and the MWC Initiative Community Meeting.

“On behalf of the Morristown Mayors Wellness Campaign, I am honored that Morristown has been designated as one of the 2019 New Jersey Healthy Towns to Watch by the New Jersey Health Care Quality Institute (NJHCQI),” said Mayor Timothy Dougherty of the recognition. “The mission of the Mayors Wellness Campaign is to develop, implement and encourage active and healthy living within our community and this designation reflects our commitment to health and wellness in Morristown.”

Through a partnership with local organizations, Morristown implemented three new programs to help improve the health and wellness of our residents; the MWC Initiative Community Meeting, Food Drive, and a new Senior Chair Yoga class.

Through a partnership with local businesses, Morristown continues to raise awareness about food insecurity and collect donations for the local food bank.



“Morristown is an amazing town with many wellness opportunities,” said Debra Weinstein, Chair of the Morristown Mayors Wellness Campaign. “Our board is here to work with members of our community to promote their healthy initiatives and develop programming to meet the needs of our diverse community.”

And, through our Senior Chair Yoga classes, Morristown is offering our senior community a modified yoga that can be done while seated, allowing participants who would otherwise be unable to partake in yoga classes benefit just the same.



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“Each year, communities participating in the MWC complete a comprehensive application outlining the research they’ve done to identify their community health needs, explain how they have organized their local MWC committee, and highlight the actions they’ve taken to make their communities healthier places to live, work, and play,” said Carol Ann Campbell, spokeswoman for NJHCQI, in the release. “In 2019, Morristown offered programs to help improve the health and wellness of its residents and was able to partner with local organizations to provide transportation for some of these events.”

These and other innovative programs helped New Jersey communities win recognition through the New Jersey Health Care Quality Institute’s annual Mayors Wellness Campaign “New Jersey Healthy Town” designation.

Seven communities participating in the Mayors Wellness Campaign (MWC), a program of the Quality Institute, in partnership with the New Jersey State League of Municipalities, were named 2019 Healthy Towns. Another 12 towns were designated as 2019 Healthy Towns to Watch, and five were designated as 2019 Healthy Town Up and Coming.

“We are here to help make Morristown healthy in body, mind, and spirit,” said Ms. Weinstein.

If any residents or businesses are interested in getting involved with the Morristown Mayors Wellness Campaign, please reach out via email to morristownmwc@gmail.com.

FOR MORE INFORMATION

To learn more about the MWC, please visit www.njhcqi.org/MWC.

ABOUT THE NEW JERSEY HEALTH CARE QUALITY INSTITUTE

The New Jersey Health Care Quality Institute’s (Quality Institute) mission is to improve the safety, quality, and affordability of health care for everyone. Our membership comes from all stakeholders in health care. Together with our 100 plus members, we are working towards a world where all people receive safe, equitable, and affordable health care and live their healthiest lives.