



Active Marion Project (AMP)

Active Marion Project (AMP) is a project of the Marion County Hospital District. AMP focuses on fitness and nutrition in the workplace. AMP offers fun step challenges, and workplace wellness initiatives. These initiatives help people to embrace an active lifestyle. This project helps people manage stress.

The Active Marion Project (AMP) has three parts:

- Workplace Wellness
- AMP 2 App
- Health Education

Please see AMP's [website](#) for more information.

Service Location

2547 E Silver Springs Blvd
Ocala, FL 34470
United States

352-622-3662

Provider

URL

<https://mchdt.org/>

The mission of the Marion County Hospital District (MCHD) is to enhance the quality of life for Marion County residents by promoting health and wellness through various community initiatives. We are committed to creating a sustainable system of care by fostering a multidisciplinary network of providers. Our key focus areas include diabetes & obesity, dental health, substance use & behavioral health, unintentional injuries and prevention. MCHD runs several programs internally, including the Active Marion Project, the Community Home Project, Fitness and Nutrition in Schools, and manage the services at Beacon Point, furthering our commitment to improving health and wellness in the community. MCHD also provides support to many organizations in Marion County like Heart of Florida and SMA Healthcare to ensure that all Marion County residents, regardless of their ability to pay, have access to the services they need.

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