

Healthy Machias

Healthy Maine Street Wellness
Committee of Machias

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**HEALTHY
MAINE STREETS**

Where wellness works

Tobacco

HMS Businesses reviewed and assured they had a tobacco policy that complies with or exceeds State of Maine Law's. The Machias HMS Wellness Committee developed Smoke Free Informational Packets for all HMS Business to help assist them with their Smoke Free policy and other Workplace Work Plans.



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Physical Activity

Walking Wednesdays!

Rose M. Gaffney joined the HMS Walking Wednesday Members for a Walking School Bus.



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Healthy Main Streets (HMS) - 13 Business

Surveyed Staff & Created work plan(s)

New Year New You Fitness Challenge - 8

week challenge for HMS Businesses, staff and family

Health Assessments -

Blood Pressure

Flexibility

% Body Fat



HMS & Community Involvement

Family Fun Night - Friday, February 7th

33 Families totaling 97 people attended the event. There was 10 Stations hosted by HMS Businesses.



Taste Testing

10 Quick Exercises



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HMS Bike Lending Program:

Need to go to the bank on your lunch hour? Ride a bike instead of driving your car. Want to go to the Farmers Market mid-day on Friday? Grab one of the donated bikes. The key of the Wellness Committee effort is to promote physical exercise.



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