

BELFAST QUARTERLY SUCCESS STORIES:

LUNCH BEAT BELFAST

Turn on the music and feel the beat! Downtown Belfast residents and employees were recently given the opportunity to forget the desks and paperwork and converge for a community dance party. Local dance enthusiasts arranged for the non-stop music and a delicious, healthy lunch catered by Bay Wrap, all in the marvelous ambience of the Fallout Shelter at Waterfall Arts. Ticket prices included both the lunch and the music, and the Healthy Maine Streets committee from Our Town Belfast offered to cover the ticket cost of the first 20 people to register.



The eighteen cheerful people who participated had a wonderful time away from the workplace and enjoyed a healthy, active experience with their neighbors. The event was a tremendous success and initial plans are for the event to be repeated quarterly. Belfast rocks!

HEALTHY JUICES ON TAP FOR BELFAST'S WELLNESS COMMITTEE

Following a whirlwind summer in downtown Belfast, the local Healthy Maine Streets wellness committee reunited with great enthusiasm in September to kick off their fall work. The September meeting was hosted by wellness committee member Chris Roberts, in his healthy downtown business "The Juice Cellar." In the style of google and yahoo, our committee enjoyed a standing meeting! HMS Belfast enjoyed their highest attendance and most participation yet at this gathering. Committee members enjoyed a sampling of one of The Juice Cellar's signature beverages "Bold as Love," made with fresh local beets, apple, lime, and ginger.

