

Oct. 31, 2013

Saco Spirit's Healthy Maine Streets

Testimonials

Small business owners in town recently shared how Healthy Maine Streets is changing and benefiting their workplaces by promoting healthy choices and habits, building community, and providing networking opportunities among business owners.

Irene Lim, owner of Fern Leaf Bakery says that:

“For the Walking challenge: My group were very enthusiastic at first. For various reasons, mostly getting sick and having technical difficulties with the pedometer, most of them will not reach their goal. But they all were very keen about the idea. I think that this is a program that would sign up for again in the future. So I think that having the Challenge in itself at least gave them a reason to get out and start walking.”

The walking challenge has 30+ participants working toward a self-selected mileage goal that increases their physical activity. It is a program that will be offered again next year to include friends and families of business owners and employees.

Barbara Foss, Hypnosis and KCR practitioner is active on the wellness committee and says of Healthy Maine Streets:

“It has given me a wonderful vehicle to spread what I know about health and modalities of Hypnosis, Reiki, Kinetic Chain Release and Team Northrup to others. It increases my own awareness of the importance of exercise and taking care of ones self and provides me with learning and meeting like minded individuals and those open to learn more.” She and her colleagues at Saco Center for the Healing Arts are planning a “healthy” movies series of health documentaries to be shown to the general community this winter.

Workplan goals and objectives are now swinging into implementation phase, and it's exciting to see the changes and be part of the discussion around increasing wellness on Main Street and elsewhere in Saco.

Respectfully submitted,
Catherine Glynn
Healthy Maine Streets Saco Co-chair