



HEALTHY MAINE STREETS

Where wellness works

WHAT

Healthy Maine Streets focuses on developing placed-based worksite wellness in small businesses and empowers local leadership to embrace health and wellness as a vital part of the work they do in Maine's downtowns. Healthy people build downtown vitality, fuel economic growth and strengthen quality of place.

WHY

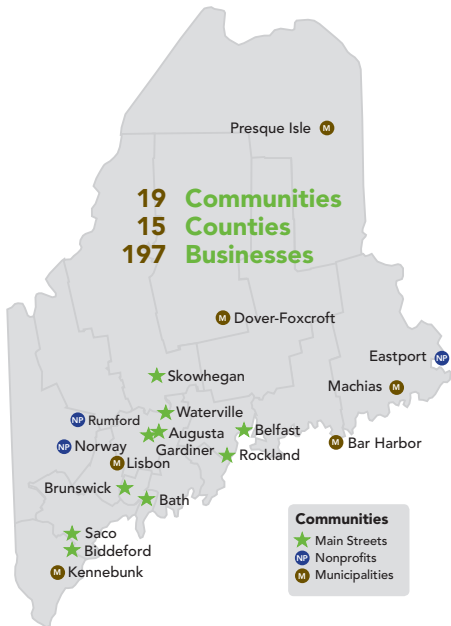
From 1991-2009, Maine had the highest percentage of total healthcare expenditures as a percentage of GDP, Nationally.

Health is a pillar of the Maine Development Foundations' mission and has been identified in the Making Maine Work (2010, MDF) as the most critical issue for economic development in the State of Maine.

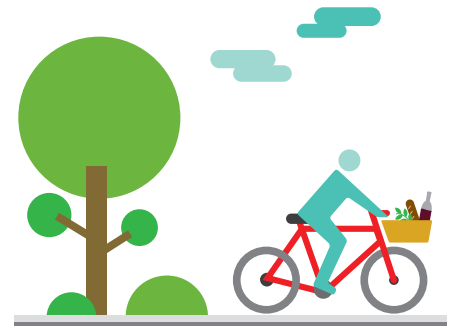
HOW

Through Wellness Committees, downtowns are integrating health and wellness into their daily work with everything from healthy meetings to creating walkable communities.

- Increase tobacco-free environments
- Increase physical activity opportunities
- Increase access to healthy nutrition



Worksite Wellness
Community Leadership =
Downtown Vitality



Healthy Communities

BROUGHT TO YOU BY:



A PROGRAM OF THE:



CONTACT:

295 WATER STREET
SUITE 5, AUGUSTA, ME 04330
PHONE: 207-622-6345
downtown@mdf.org

healthymainestreeets.org