

Wellness is a Connection of Paths: Knowledge and Action!

Our History



Lowell Community Wellness

Established in 2003, this initiative was developed by a group of community leaders that believed there was a need to supplement the health and wellness programs in the Greater Lowell Community.

This non-profit organization is generously funded by the Lowell Area Community Fund. Our programs are designed to serve the residents of our community.

This organization serves to:
Inspire and educate the Greater Lowell Community to attain a healthier lifestyle.

www.lowellcommunitywellness.org
info@lowellcommunitywellness.org

Our Wellness Programs 2009

Lowell Takes it OFF!

A community weight loss challenge.

100 Miles in 100 days

A summer walking program designed to challenge participants to get moving during the 100 Days of Summer.

Health and Fitness Fair

A summer event held annually during the Riverwalk Festival to show community members what is available to help them stay healthy.

Pink Arrow Family Support

This project is designed to benefit families in the community who have a family member experiencing some form of cancer.

Harvest Hustle

This 5k Family Fun Walk/Run is held annually during the Harvest Festival.

Cancer Well-Fit

Exercise classes taught by East Hills/MAC certified trainers. These classes are designed for those people who are experiencing a form of cancer.

Smoking Cessation

These classes are taught by a certified health professional. It is for smokers who are trying to quit!



Lowell Community Wellness

Working to:

- Increase community outreach
- Build new partnerships
- Build volunteer opportunities
- Develop new ideas and projects
- Acquire additional health and wellness resources

Check out our Community Resource Directory on the website www.lowellcommunitywellness.org to learn about the available wellness programs in the Greater Lowell Community.

Are you ready to make a healthy lifestyle change?

If so...

- **Participate** in our summer programs.
- **Volunteer** for a project. We are always seeking volunteers who are eager to help others make a healthy lifestyle change.
- **Learn** how to make healthier choices for you, your family, and our environment.
- **Donate** to a future health and wellness project.
- Share ideas and talents with us. We'd love to hear from you!
- **Visit** our webpage to learn more.

Send us an e-mail and share your ideas:

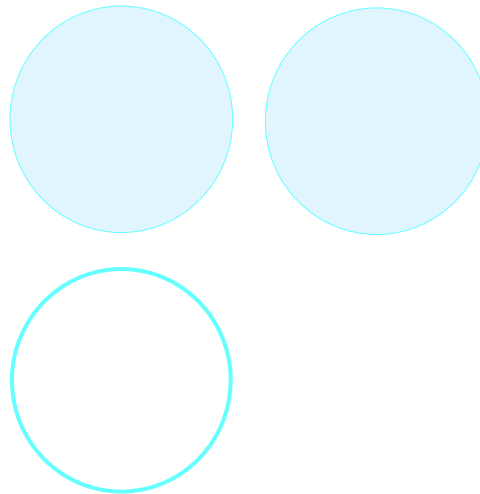
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Board Members

Maegan Malone
Ethel Stears
Teresa Beachum
James Chichester
Meggan Johnson
Staci Messersmith
Gregg Pratt
Liz Baker

Emeritus Members:

Ann Mulder
Dr. Don Gerard
Jeanne Shores



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Lowell Community Wellness

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educating the
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healthier lifestyle**



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