

MACWell Initiatives: Building Community Wellness Together



Montgomery/Peters/Mercersburg Connectivity was created to reconnect our communities and make it safe for pedestrians and cyclists. A feasibility study was conducted which provides a detailed analysis of destination points, connection routes, and trails along with a phased plan for implementing these findings.



Everyday Chef is a series of 4 hands-on cooking classes for individuals and families. Classes are led by local Chefs eager to share new ideas on how to make delicious, healthy, simple, and inexpensive meals.



Johnston Run Revitalization

Johnston Run Revitalization Council works in collaboration with MACWell and local municipalities to restore Johnston Run as a "living waterway," inspiring people to be stewards of our natural habitats and becoming a model for other communities.



Healthy Eating Adventures supports community members as they work together to learn the simple art of healthy eating habits based on a wholefoods, plantbased lifestyle



The MACWell Story

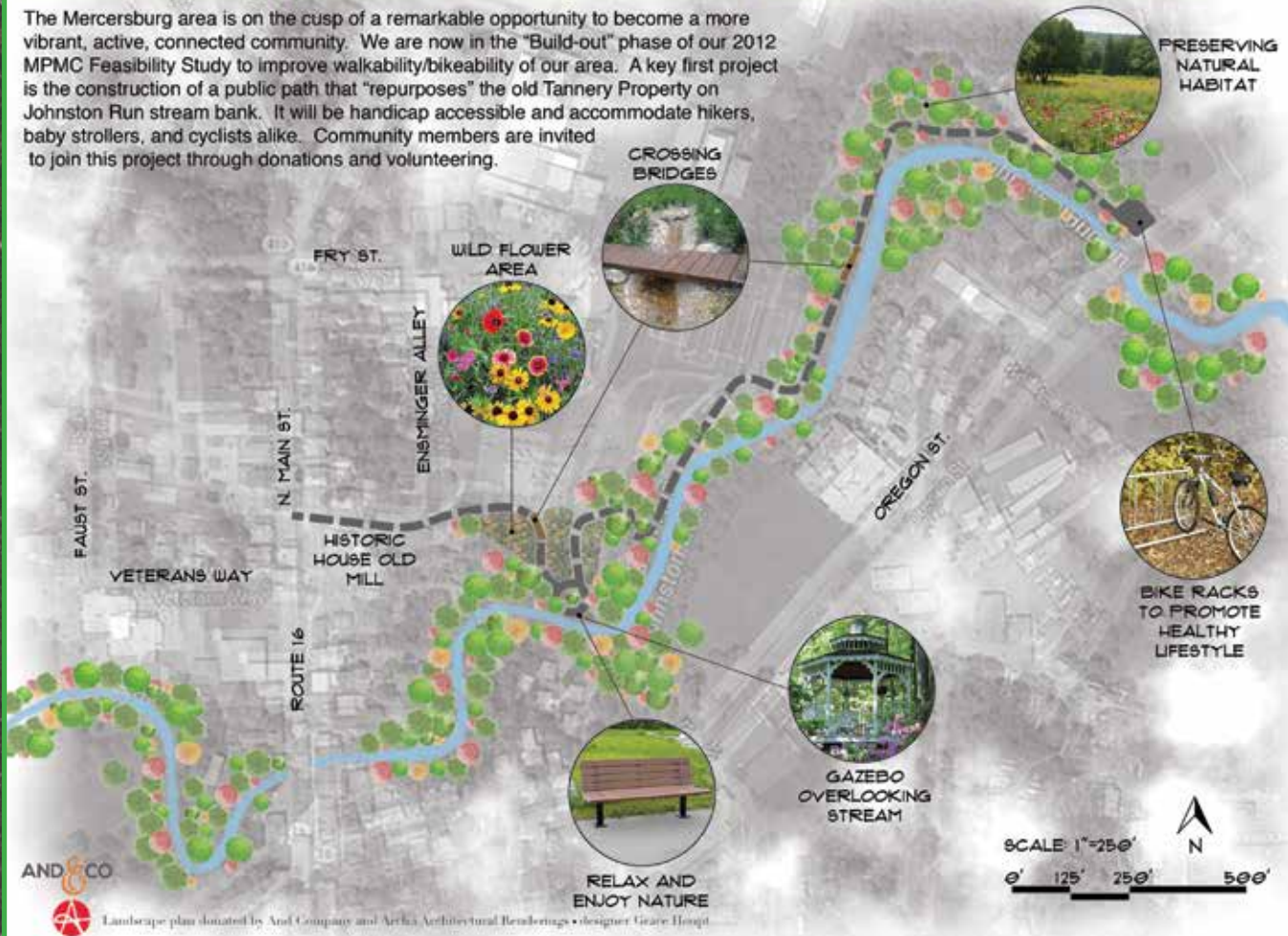
In 2008, the statistic came out that this generation will be the first to have shorter lifespans than their parents.

Mercersburg Family Physician, Dr. Elizabeth George, felt the growing urgency to help people live active, healthy lives. She asked community members, "What aspects of a community inspire its people to live well?" Individuals from businesses, schools and healthcare formed the Mercersburg Area Council for Wellness (MACWell) in 2009 to explore this question. A Community Fitness Trail at Lions Club Park, Business Wellness Games, Healthy Eating Adventures, Everyday Chef and our newspaper series "Habits for a Healthy Life" were among the first programs to work towards helping people achieve healthy, active, balanced lifestyles.

These successes revealed many interrelated aspects that contribute to a healthy community. We each play a role in being responsible for our own wellness, as well as that of the community and environment. A community forum on walkable, bikeable communities led to the formation of MPMC and then the Johnston Run Revitalization project. The healthy community idea is now full circle to include individual wellbeing, community connectivity and sustainable environment.

MACWell - Supporting a groundswell of community commitment to wellness - Johnston Run Streamside Trail

The Mercersburg area is on the cusp of a remarkable opportunity to become a more vibrant, active, connected community. We are now in the "Build-out" phase of our 2012 MPMC Feasibility Study to improve walkability/bikeability of our area. A key first project is the construction of a public path that "repurposes" the old Tannery Property on Johnston Run stream bank. It will be handicap accessible and accommodate hikers, baby strollers, and cyclists alike. Community members are invited to join this project through donations and volunteering.



MACWell's Initiatives in Your Community

- Fitness Trail
- Everyday Chef
- Healthy Eating Adventures
- Business Wellness Games
- MPMC
- Waterway Corridor Assessment
- MPMC 5 Mile Run/Walk
- Presentations of Our Community Wellness
- Educational Columns
- National Park Service Rivers, Trails and Conservation Assistance Program

More information on these and other past and present initiatives can be found on MACWell's website.



MACWell's wish is for the residents of Montgomery, Peters Township, and Mercersburg to live, work and play in a vibrant, healthy community where children can experience the joys of being a kid - fishing in a stream or riding a bike to a friend's house. The community can work together to ensure this can be safely done for generations to come, by helping to keep our waterways healthy and by creating access to safe routes, paths and trails for pedestrians and cyclists. MACWell's goal is for *Individual Wellbeing*, *Community Connectivity* and *Sustainable Environment*.

JOIN THIS COMMUNITY EFFORT, TODAY!

- PARTICIPATE IN ONE OF OUR INITIATIVES
- VOLUNTEER YOUR TIME AND SKILLS
- DONATE - TO HELP BUILD AND MAINTAIN THE SCENIC STREAMSIDE TRAIL

MACWell is a 501(c)3 nonprofit organization depending on the generosity of community donations for continued success.

To donate, to volunteer and to keep up with what is happening in our community, find us on:



MACWell
www.mac4fitness.org

MPMC
www.mPMC.org

MACWell
PO Box 216
Mercersburg, PA 17236

**"Contact us
on how to start
healthy initiatives
in your area!"**