



balance

commitment

exercise

healthy eating

relaxation

Mercersburg has joined towns and cities across the country who are working to create environments that encourage physical activity, nutritious eating habits, and a balanced life style. Our Council is a volunteer organization founded in the Spring of 2008 by interested health providers, school, business and community representatives.



MAC for Wellness
7189 Findley Road
Mercersburg, PA 17236

MERCERSBURG AREA COUNCIL FOR WELLNESS



Inspiring
our
Community
to
Live
Well



Our Mission

The council for wellness has been organized to create and support a groundswell of personal and community commitment to making the Mercersburg area a place that inspires its population to live well.

Our Board

President: Liz George

Vice President/Secretary: Laura Johnson

Treasurer: Ken Czuprynski

Photographer: Renee Hicks

Current Promotions

- Farmers Market/support of local producers
- Fitness trail
- "Healthy Habits" & "Health Heroes" newspaper articles
- "What's on the Menu?"
- Mercersburg on the Move
- Bike trails
- Lunch Time Walkers
- Creating community support for school health initiatives
- Promoting awareness of local activities and programs
- Researching places to "play" – parks, dog parks, places to swim, and gyms
- Participation in "Home and Garden Festival" and "Strawberry Festival"

Mercersburg

Just as the family you're raised in affects your health choices, the environment in which you live impacts the choices you make. The area's natural beauty and abundant outdoor space, access to local produce and markets, a town with walkability and nearby areas that are inviting for hiking and biking makes Mercersburg a community that can inspire its population to live well.



To support your efforts to raise healthy children, a town needs...

- Places to walk, jog, bike and hike
- Summer and after school activity programs
- Facilities for swimming and exercise
- Healthy, active role models
- Healthy environment and clean air
- Places for family activities and sports
- School wellness programs
- Locally grown foods and farmers market
- Restaurants and markets with healthy choices
- Workplace and community wellness programs



"The environment (where you live) makes it easier or harder for healthy choices to be the default choices; and adults create the environment in which kids live."

— Robertwood Johnson Foundation

Encourage your community to live well,
email us at: mac4wellness@gmail.com