

## Join Milbridge on the Move!

Sponsored by the Women's Health Resource Library, **Milbridge on the Move** will encourage schools, businesses, and individuals to "move" their way to good health.

**Milbridge on the Move** runs from May through July. A special prize will go to the individual who "moves" the most during the event!

Students at the Milbridge Elementary School will have the opportunity to participate in a special youth version of **Milbridge on the Move**.

## Get Your MOM Packet

Pick up your **Milbridge on the Move** packet with activity log and more information at the Women's Health Resource Library, the Milbridge Town Office  
[www.whrl.org/mom](http://www.whrl.org/mom)

## Milbridge Days

## Walk Walk/Run

**Milbridge on the Move** culminates with the Milbridge Days 5K Walk or Run on the morning of Saturday, July 30th. Visit [www.whrl.org/mom/](http://www.whrl.org/mom/) for more details on start times, registration fees, etc.

The first  
40 people to pick  
up their packet  
at the WHRL will  
receive a free  
pedometer!

FREE Milbridge on the Move  
Ts to the FIRST 30 5K  
Walk/Run REGISTRANTS!

## About the WHRL

Since our founding, the Women's Health Resource Library has become a vibrant and valuable part of the Downeast community.

Our approach to health is all about disease prevention and wellness promotion. We give people the tools they need to maintain and improve their health. We encourage personal responsibility in choosing lifestyle habits that ensure health and vitality.

We believe passionately in our mission:  
*To advance and promote the health of the individual, the family, and the community.*

### Wellness Programs at the WHRL

Bonebuilders (9 a.m. on Tue. and Thurs.)  
Weight Watchers (Wednesdays at 5 p.m.)  
Yoga (Most Thursdays at 5:30 p.m.)  
Diabetes Support Group (3rd Friday at Noon)  
Parent/Child Playgroup (Wed at 9 a.m.)

## WHRL Hours

Tuesday: 8 a.m. - 3:30 p.m.  
Wednesday: 8 a.m. - 2:30 p.m.  
Thursday: 8 a.m. - 3:30 p.m.  
Friday: 9 a.m. to Noon



**Milbridge on the Move** is a community wide initiative aimed at increasing physical activity among the citizens of our town.

Supported by a grant from  
Bangor Savings Bank.

Presented by:

Women's Health  
Resource Library

24 School Street • Milbridge, ME 04658  
207-546-7677 • [www.whrl.org/mom](http://www.whrl.org/mom)

# Downtown Milbridge Walking Routes

## MAP KEY

- ◆ Parking
- 1 Former Vet's Club
- 2 Town Marina
- 3 Bar Harbor Bank
- 4 Women's Health Resource Library
- 5 Milbridge Medical Center
- 6 Union Trust Bank
- 7 BaySide Shop 'n Save
- 8 Family Dollar
- 9 Kelco
- 10 Cinnamon Stick/ Historical Society
- 11 Elementary School
- Alfred & Cynthia Sudsbury walking trail

## WALKING ROUTES

- Bay View Loop  
1.1 Miles
- Town Loop  
1.4 Miles
- North Loop  
.7 Mile
- South Loop  
1.1 Miles
- Wyman Road to Bar Harbor Bank**  
.5 Mile
- Wyman Road to Wallace Seafood** .5 Mile



# PERSONAL ACTIVITY LOG



Participant Name: \_\_\_\_\_

*My move and  
improve goal is:*

- 2 days/week \_\_\_\_\_ miles
- 3 days/week \_\_\_\_\_ miles
- 4 days/week \_\_\_\_\_ miles
- 5 days/week \_\_\_\_\_ miles
- 6 days/week \_\_\_\_\_ miles
- 7 days/week \_\_\_\_\_ miles

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 5/1 - 5/7							
Week 2 5/8 - 5/14							
Week 3 5/15 - 5/21							
Week 4 5/22 - 5/28							
Week 5 5/29 - 6/4							
Week 6 6/5 - 6/11							
Week 7 6/12 - 6/18							
Week 8 6/19 - 6/25							
Week 9 6/26 - 7/2							
Week 10 7/3 - 7/9							
Week 11 7/10 - 7/16							
Week 12 7/17 - 7/23							
Week 13 7/24 - 7/30							
<b>TOTALS</b>							

TOTAL MILES WALKED :

*Milbridge on the Move* is presented by

Women's Health Resource Library

[www.whrl.org](http://www.whrl.org)

Supported by **Bangor Savings Bank** "Community Matters More" donation