

# LEAP kicks off WOW

Posted by [admin](#) • February 20, 2011 •



Several W.O.W. participants are pictured at the Kick Off Event and on the Whistle Stop Trail in Farmington.

FARMINGTON - LEAP (Life Enrichment Advancing People), Inc. began its 16-week W.O.W. Program on Feb. 1. Working Off Weight – or W.O.W. – is a wellness initiative to support employees and their families to make healthy lifestyle changes.

Although LEAP has been offering wellness support for several years, this is the first year LEAP has offered this program with support from the Healthy Community Coalition. Over 50 employees, family members and friends have signed up to participate. Some of the scheduled events include: Lunch and Learns – topics include nutrition, exercise and stress management; game nights, snowshoeing, hiking, volleyball and basketball.

LEAP is committed to supporting a broad array of wellness options to support staff members to be healthier long-term, which will help build more healthy and inclusive community opportunities for the people they serve.

LEAP is a Farmington-based private non-profit agency, which has been providing community and residential supports for people with cognitive and intellectual disabilities in Western and Central Maine and their families for thirty years. LEAP provides the following individualized and small group services: Family Support, Information & Referral, Small Group Home Services, Home Support Services for Individuals in their own Homes and Apartments as well as the D.R.E.A.M. Respite Program for local youth & adults. LEAP is a member of ANCOR – a national organization, which is devoted to enhancing community services for people with cognitive & intellectual disabilities and their families, the Maine Association for Community Support Providers, and the Maine Association of Non-Profits and is a designee partner agency of the United Way of the Tri-Valley Area.

For more information about LEAP and its services visit [www.leapcommunity.org](http://www.leapcommunity.org) or write to LEAP, 313 Farmington Falls Rd., Farmington, Maine 04938, or call 778-3443 ext. 101.

<http://www.dailybulldog.com/db/happenings/leap-kicks-off-wow/>