



L to R: Michelle Halwix and Kristi Iverson. Missing: Brooke Lewis



Back Row (L to R): Sara E. Jessica F, Ashley W, Jackie D, Katie F, Tony B
 Middle Row: Kyla W, Cinder S, Michelle H, Kristi B, Carlene W and Stacy D
 Front Row: Darryl W, Megan G and Marsha T.

Farmington (April 2, 2012): LEAP Inc. held its **W.O.W. Finale** event this morning. **Working On Wellness** – or W.O.W. – is a 12 week program supporting healthy lifestyles, education, increased activity and weight loss. Throughout the program, participants enjoyed a variety of activities including: snowshoeing the Maine Huts and Trails, volleyball, Lunch and Learns, Well Walks on the Whistle Stop trail, hiking on the Stone Soup Gardens Trail, Game Night, Yoga, Open Gym at UMF and Belly Dancing.

Three Grand Prizes were awarded for:

- 1: The highest percentage of weight loss – Michelle Halwix (lost 11.55% of initial weight)
- 2: The highest attendance at activities – Kristi Iverson (13 out of 17 events)
- 3: Weighed in at least 8 out of the 12 weeks – Brooke Lewis (10 out of 12 weeks)

Other honorable mentions in these three categories were:

Highest percentage of weight loss: Marsha Taylor, Sarah Ellis, Sandy Osgood, Mia Michaud, Faylene Nile, Matt Levensalor, Anthony Bolens, Kristen Adams and Stacy Dill.

Highest attendance in activities: Darryl Wood, Ashley Wentworth, Megan Goodine, Cindy Curtis and Sarah Ellis.

Weighed in 8 out of 12 weeks: Sarah Ellis, Kristi Iverson, Kyla Wheeler, Marsha Taylor, Katie Fields, Jessica Flanner, Anthony Bolens, Stacy Dill, Brooke Lewis, Michelle Halwix, Faylene Nile, Megan Goodine, Cinder Savage, Brianna Rush, Tammie Coffman, Matt Levensalor, Marge Taylor, Ronnie West, Darryl Wood, Sandy Osgood, Jackie Donald, Mia Michaud and Brandy Dustin.

LEAP Inc plans to offer a variety of wellness activities throughout the Spring and Summer in addition to its' ongoing partnership with the Muskie Center and the Healthy Community Coalition. Look for more information about a Fall Into Fitness program that will be offered in October.

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 or write to LEAP, 313 Farmington Falls Rd., Farmington, Maine 04938, or call 778-3443 ext. 101.

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