



Community Resources on the Internet

Center for Learning (CFL)

Working in collaboration with the Maine Department of Health and Human Services/Behavioral and Developmental Services, the Center for Learning (CFL) at the Muskie School of Public Service promotes excellence in the ever-changing and rapidly evolving field of behavioral health. Learn about all the exciting programs offered and get electronic copies of your Happy, Healthy and Well Resource Guide materials here: <http://muskie.usm.maine.edu/cfl/HHW>

Healthy Maine Walks:

This program provides information on finding an indoor/outdoor walking route in Maine, how to create a community walking route and how to register your route. <http://www.healthymainewalks.org>

Maine State Parks:

In Maine, there are more than 30 state parks dedicated to the visitor's enjoyment; you'll find the people who manage them friendly and helpful. To plan your adventure, visit the website that contains information about state parks, public reserved land and state historic sites. <http://www.maine.gov/doc/parks/programs/index.html>

Places to Swim in Maine: <http://www.usms.org/placswim/placswimform.php?State=ME>

Speaking Up For Us (SUFU)

Speaking Up For Us is a statewide coalition with representatives all over the state who work to support local and statewide self-advocacy organizations to network with each other and with national organizations. <http://www.sufumaine.org/>

TOPS[®] (Take Off Pounds Sensibly)

We offer a healthy, caring and supportive approach to weight control, at an affordable price. <http://www.tops.org/>

University of Maine Cooperative Extension

The University of Maine Cooperative Extension has 16 county offices located throughout Maine. County staff design and deliver programs and provide resources on a wide range of topics related to sustainable agriculture, natural resources, children, youth and families.

- UMCE Publications: <http://extensionpubs.umext.maine.edu/>
(go to the "Food and Health" section listed on the left)
- UMCE Eat Well Program: <http://umaine.edu/food-health/eat-well/>
(Eat Well nutrition associates provide nutrition education classes to low-income people in Maine communities)
- UMCE County Offices: <http://extension.umaine.edu/county-offices/>

Weight Watchers

An integrated approach emphasizing good eating choices, healthy habits, a supportive environment and exercise. <http://www.weightwatchers.com/index.aspx>

Other options for nutrition and physical activity resources:

- Look at the nutrition and physical activity websites listed in this resource guide
- Search the internet or visit your local library