



Cycle on Down to Main Street Wellington's "B2B Mixer" on "Bicycle-Friendly Businesses"

Jennifer Arntz and Margaret Swendseid
Main Street Wellington and THRIVE! Southern Lorain County



April 11, 2018 -- Leaders from local businesses and organizations are urged to attend the Friday, April 13, "B2B Mixer" from 3 to 5 p.m. at [Bread-N-Brew Restaurant \(Website | Profile\)](#), located at 100 South Main Street.

Sara Tillie, health education specialist with [Lorain County Public Health \(Website | Profile\)](#), will discuss a new program that will help attract more bicycle and pedestrian traffic to downtown Wellington: "Bicycle-Friendly Businesses." The ultimate goals of the program are

to promote local business while encouraging healthier, more active lifestyles. Stop by to network, learn about the topic and host, and enjoy the afternoon!

Sara will also share information about the joint promotion between Bread-N-Brew and [THRIVE! Southern Lorain County \(Website | Profile\)](#) to serve local residents "healthy menu options" - a first in restaurant offerings in Lorain County, which gives diners lower-fat and calorie alternatives on the menu.

B2B Mixers are coordinated by members of the Main Street Wellington Business Enhancement Committee. If you would like to be notified of future mixers, please email jarntz@mainstreetwellington.com to be put on the email list, view our website at mainstreetwellington.org, or follow us on Facebook.

About Main Street Wellington

Main Street Wellington, a 501(c)(3) nonprofit organization founded in 1998 and strives to strengthen the spirit of Wellington through engaging community events, supporting business development, and preserving our rich history.

About Lorain County Public Health

LCPH's Mission

"To create a healthy place for all to live, work, and play by preventing disease in the community, empowering people to make better choices, and promoting overall health and wellness."

LCPH's Vision

"To create programs and services that allow and encourage the healthy choice to be the easy choice, operate in a sustainable fashion that reflects responsible stewardship, lead by example in the community, and manage our organization to effectively face current and future public health challenges."

About THRIVE! Southern Lorain County

THRIVE! Southern Lorain County is committed to increasing access to affordable opportunities to live healthier through improved nutrition, increased physical activity and informed behavioral health - all to reduce the risks of heart disease, diabetes and obesity in the region. The organization proudly serves the communities of Brighton Township, Camden Township, Huntington Township, Kipton Village, Pittsfield Township, Rochester Township, Rochester Village, Wellington Township and Wellington Village. THRIVE! is generously supported by a grant from [United Way of Greater Lorain County \(Website | Profile\)](#). Like us on [Facebook](#).