



Welcome to

Main Street

INCLUSIVITY REDEFINED

What is Main Street?

***Community** that values and celebrates people of all abilities.

***Membership model** providing over 18 weekly programs and opportunities to Connect, move, engage our members!

***A mindset and a model** of inclusive, affordable living that we aim to spread far and wide.

MISSION: To create dynamic opportunities through affordable, inclusive housing and community engagement so people of all abilities can live their best lives.

***Inclusive apartment building and community center** in Rockville Town Center. 25% of the building's 70 units are set aside for adults with disabilities and 75% are affordable.



***Founding Principles:** Main Street was created on the founding principles of **affordability, inclusivity** and **sustainability** – is a vibrant community for continued learning, social engagement and health and wellness. By fostering a **culture of inclusion**, Main Street bridges abilities, age and socioeconomic factors, allowing residents and members to **enjoy casual, organic social encounters** as well as **structured activities** and programs provided by **trained staff** and **community partners**.



Lessons Learned

BE PREPARED FOR ROADBLOCKS in any building process

EDUCATION IS KEY so people understand what true and organic inclusion means and why that matters.

KINDNESS MATTERS!

ALWAYS BETTER TO PARTNER!

Creation of partnerships!

EVERYONE NEEDS A PLACE TO BELONG.



HEALTH MATTERS

LiveWell:

LiveWell is a 6 month wellness initiative including an intensive 10-week customized program for adults with disabilities who want to live healthier, more active lives today and develop healthier habits and tools to live a healthier tomorrow.

Personal Wellness Coaches (PWCs):

PWCs will work with small cohorts to break down the keys to a healthy lifestyle, set goals, and construct weekly wellness schedules that include workshops and health programs created by our health partners.

PWCs will provide structured and ongoing learning experiences pertaining to the implementation of sustainable healthy habits.

LiveWell Partners:





Contact us

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