AGING EXCELLENCE

Maine Owned & Operated

Seniors On The Go®

The Leader in Non-Medical Elder Care Services
Just Got Better!

We are pleased to announce... our Swift ™ program

Sustainable Wellness & Individual Fitness Training

Cindy Choate
Maine Golf Hall of Fame

The "First Of It's Kind" Non-Medical Elder Care Wellness Program

We truly believe that the old idea of "care taking" has disappeared. We are in a new era of service delivery that offers opportunities for client's to be engaged in the health and wellness process. In keeping with our philosophy of keeping adults Active & Independent we are pleased to announce our new Swift™ program, a wellness program for our employees and clientele.

1.) Educates our caregivers on the seven dimensions of wellness (Environmental, Physical, Intellectual/occupational, Emotional, Social & Spiritual), offers them fitness & wellness activities, and provides tools to aide caregivers in improving how clients eat, think and move.

2.) Educates Clientele on the seven dimensions of wellness and offers information, resources and activities to help them maintain optimal wellness. One of the key components of our wellness program will be to offer activities from one of the seven dimensions of wellness each month, and promote physical activity as an essential component of Healthy Aging.

WE Want to Improve How people Eat, Think & Move!

L to R:
Franchisee Shaaron Hendry,
Founder Bethany Lawrence
R.N., BSN, CMC
Franchisees
Tanya Sweatt & Beth Alcorn
Sitting L to R:
Kate Adams & Abbey Lucas

Our vision is to provide the best approach, products and non-medical support services to assist individuals and communities in aging successfully.

- Certified Geriatric Care Management Services
- Handyman, Chore & Cleaning Services
- Personal Care & Social Companionship
- Swift® (Sustainable Wellness & Individual Fitness Training)
- Home Care Products for Safety, Comfort & Accessibility

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