



Thiensville Lifestyle Coalition Hosts Wednesday Walks

By Karin Flodstrom

We are excited to announce that Allison Baier of Health in Balance, Mequon, will lead our 6th Wednesday Walk. This walk is “A Perrier Parcourse,” August 28th, at 7pm starting at the Thiensville Village Hall entrance. Allie is standing at the far left of this vibrant physical therapy staff.

Allie and the owner of Health in Balance, Kaite Van Laanen (2nd from the right in the back row) emphasize prevention and genuine connection with their patients. “Don’t wait for pain or injury to see a physical therapist. You see a dentist every 6 months to promote good dental health. Why not see a physical therapist annually to keep your body healthy?” In fact, Health in Balance offers Annual Physical Therapy Exams for that purpose.

Allie and Kaite grew up in Mequon and are both graduates of Homestead High School. When they started their professional careers, they moved back here to raise their families.

Kaite explains, “I took my children to the Farmer’s Market this week and saw patients, teachers, and friends. Life connections and the positive conversations that occur while I buy vegetables to nourish my family represent true quality of life. I love showing my children this example. It’s great to see a former patient who first came to us using crutches now freely walking through the market. Other farmer markets don’t give me the same community feeling.”

These personal connections to the village and the people who live here elevate the empathetic and personalized care Health in Balance provides for each patient.

The loop in the park will be the location for the parcourse. Participants will walk to 5 stations. Several of the Health in Balance staff will be at each station to teach us how to care well for our bodies. The stations include:

- 1) Pelvic Health to teach proper engagement of the core
- 2) Balance
- 3) Hip Strengthening
- 4) Proper footwear
- 5) Cool down stretches

You will leave this walk with tangible, useable information to protect your body and enhance your life. Between stations, walkers will be encouraged to walk the loop to promote their cardio-physical health.

The Thiensville Lifestyle Coalition (TLC), a committee of the Thiensville Business Association, sponsors Wednesday Walks on the 2nd and 4th Wednesday of each month. Each walk begins at 7:00pm from the Village Hall. The TLC includes providers of health, wellness and quality of life services and products who choose to locate their businesses in our community. The goal: to recognize health, Thiensville style. Each walk features a different Thiensville-related theme.

Please help the TLC create community around wellness. Walk with us, celebrate beautiful Thiensville, and learn how to keep your body strong and safe. All are welcome, including dogs! Optional: We will be collecting non-perishable food items for donation to Family Sharing of Ozaukee County.

Upcoming - TLC Wednesday Walk on September 11th—Healthy Herb and Plant Walk led by Barkha Daily, chef and owner of the cheel. For more information about these and upcoming Wednesday Walks, please go to

<https://thiensvillebusiness.com/thiensville-lifestyle-coalition/>