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The Boulos Co. and CARR lease 1,650 s/f to Gameday Men's Health for first Maine location

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South Portland, ME The Boulos Company said that Gameday Men's Health has leased 1,650 s/f of retail space at 210 Western Ave., marking the clinic's first location in the state of Maine. Cameron Foster of The Boulos Company and Melody Allred of CARR represented the tenant, Gameday Men's Health, while Joe Atwood of The Dunham Group represented the landlord, Rock Coast Space1, LLC.

Founded with the mission to help men reclaim their energy, health, and confidence, Gameday Men's Health offers services including hormone optimization, testosterone replacement therapy (TRT), medical weight loss, and other men's health treatments. The South Portland location opened on May 14, 2025, and is led by Mike Lowans and his wife and business partner Meg Lowans.

The property at 210 Western Ave. was selected for its location, parking, and existing interior build-out, which includes multiple offices and bathrooms. These features make it an efficient and inviting fit for the Gameday clinic's model. According to Cameron Foster of The Boulos Co., "Mike and his team were a pleasure to work with. They had a clear understanding of their brand, service, and clientele, which made it easy to identify a space that checked all their boxes."

The deal came together through a RFP process, where multiple landlords were engaged to ensure the best outcome for Boulos's client. Ultimately, a landlord who believes in Gameday's concept and long-term value won the lease.

This South Portland location is just the beginning— Gameday Men's Health plans to open a second Maine location north of Portland in the first half of 2026.

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