

**Welcome to the PartnerSHIP 4 Health e-newsletter.**

In this edition you will discover the following:

- Health Equity Summit highlights partner success stories
- Bikeable community workshop to be held in Detroit Lakes
- Local growers connecting to new markets through Fresh Connect Food Hub
- Local volunteers are key to increasing healthy food access
- Area organizations energized to increase level of physical activity
- Area youth to debut a video entitled "Stop Targeting Us" created during Tobacco Free Leadership Camp

**TOBACCO-FREE  
4 HEALTH**

**Youth who attended Tobacco-Free 4 Health Youth Leadership Camp to Debut Video, "Stop Targeting Us!"**

For 3 days youth from the Boys and Girls Clubs of Detroit Lakes and the Perham Area attended a camp focused on tobacco prevention. Youth learned about how tobacco companies market to kids their age, the health impacts of smoking and exposure to secondhand smoke, and how to advocate for changes in their communities.

At the end of the camp a video was made by the youth. In this video youth created a quote of their own and then came up with a larger quote for the whole group.

This video is being debuted at the Holmes Theater in Detroit Lakes on Thursday, August 14th. Public is welcome to attend. If you are unable to join in person here is a link to watch the video.

["Stop Targeting Us!"](#)

What did you think? We would love to hear your feedback!

Have ideas where to show this?

Do you have youth who would be interested in something similar?

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**Walk-Bike-Fun Volunteer Opportunity**

Do you enjoy walking and/or biking? Would you be comfortable assisting a teacher leading students in walking or biking? If so, we have an opportunity for you!

Many teachers have attended a Walk! Bike! Fun! Pedestrian and Bicycle Safety Curriculum training and are gearing up to implement the curriculum in the 2014-15 school year.

Teachers are encouraged to recruit an adult volunteer for every 5-8 students participating in neighborhood walks or community bike rides. BikeMN wants to train a group of individuals to be ready to assist these teachers.

Law enforcement, public health, bike enthusiasts, senior citizens, community education staff, school paraprofessionals, clergy, and anyone interested in biking and walking with students are encouraged to attend this training.

[Click here for more information](#)

**Health Equity Summit Highlights Partner Successes**

PS4H has been actively collaborating with human service organizations in Becker, Clay, Otter Tail and Wilkin counties to achieve optimal health for those they serve by eliminating health disparities. During the Health Equity Summit on July 18th nearly 150 professionals heard from a panel of partner organizations about the strategies that had improved the health and wellness of their clientele.



**A special thanks to our panelists:**

- Tina Jacobson, *Lakeland Mental Health Center*
- Sue Wilkin, *A Place to Belong*
- Steve Larson, *West Central Regional Juvenile Center*
- Dina Geiszler, *Social Connexions*
- Tami Skinner, *Boys and Girls Club of Detroit Lakes*
- Lynette Price, *Compassion House*
- Jenn Nelson & Allison Smith, *CCRI*

[Click her to view the Health Equity Summit presentations](#)

**Bikeable Community Workshop to be held in Detroit Lakes**

August 18th 9am-3pm

The Bikeable Communities Workshop is designed for professionals who plan and apply effective strategies in communities to facilitate bicycling as an easy, safe, and healthy choice.

Target audiences include engineers, law enforcement, planners, public health practitioners, school administrators, elected officials and advocates. The workshop includes a bicycle ride



[Registration Information](#)

**Sundog Prairie Farm Finds a Niche with Fresh Connect Food Hub**

Finding a stable market can be a challenge for small local growers. The *Fresh Connect* Food Hub is aggressively stepping up to resolve the difficulties that growers face when trying to access viable markets. Intentionally connecting growers and buyers turns a previous challenge into a win-win for growers, buyers and consumers.

[Read more](#)



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**Lake Region Takes Root**

**Beginning to Sprout**

*Lake Region Takes Root* has been growing ever since breaking ground in 2013. There are many great benefits related to this community garden but its primary focus has been providing healthy fresh whole foods to those having the most difficulty accessing them.

[Read more](#)



Girl Scouts harvesting lettuce for WIC families, food shelves, and other human service organizations in Otter Tail County.

**Boys & Girls Club of the Perham Area Energized**

The Boys and Girls Club of Detroit Lakes and Perham Area serve over 900 children in Becker and Otter Tail counties. The caring, professional staff works hard to offer fun and meaningful programs that help children succeed academically, practice healthy lifestyles, and develop good character and citizenship. In order to increase their ability to support healthy lifestyles among their members the clubs recently partnered with PartnerSHIP 4 Health.

[Learn more](#)

