

PartnerSHIP 4 Health

Charting a course for good health

PartnerSHIP 4 Health

August 2015

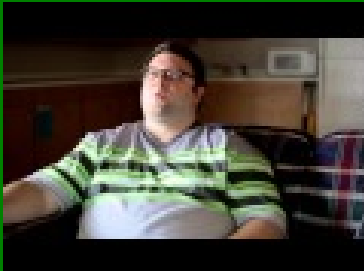
e-news

www.partnerSHIP4health.org



Greetings! welcome to the PartnerSHIP 4 Health e-newsletter. We hope you enjoy these exciting updates!

**Boys & Girls Clubs
in DL & Perham
share Anti-Tobacco
Messaging**



**Workplace
Wellness
Town Hall
Events
Planned**

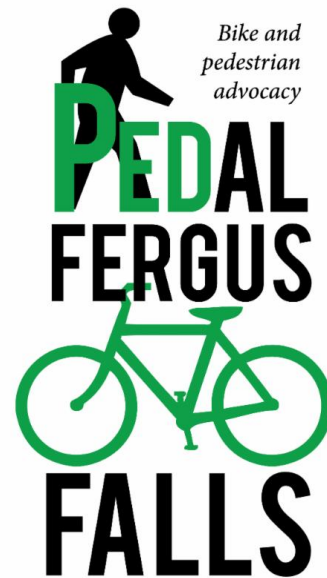
Join us for a

Downtown Fergus Falls Becomes More Bike and Pedestrian Friendly

Bicycle and pedestrian
advocacy group, PEDal Fergus
Falls helps guide city officials to
improve safety in downtown
Fergus Falls by using sharrows

and signage.

[Learn more](#)



Early Childhood Provider Training Offered September 15th Breckenridge

The benefits of physical activity for children go beyond obesity prevention. How can we encourage physical activity

conversation with a panel of local businesses and wellness professionals who will share are experience with workplace wellness.

Click below more information

[Perham Sept 15](#)
[Detroit Lakes Sept. 16](#)
[Fergus Falls Sept. 16](#)

Celebrate how the arts is connecting with active living



[Click for more More Information](#)

[Click for poster](#)

so children can reap the benefits? **CATCH EARLY CHILDHOOD (CEC)** is an evidenced-based program for preschool-aged children.

Participants will gain the knowledge and tools needed to plan and lead structured physical activities. Participants will then practice leading group activities, adapting them for their specific early childhood setting.

[Learn more](#)



Perham Health Offering Intensive Behavioral Therapy Program

Individuals who are eligible for Medicare and are clinically obese have a new, non-surgical program option available to try to lose weight. Introduced and encouraged by *PartnerSHIP 4 Health*, this program pairs primary care physicians and dieticians who will work to help patients make changes to their lifestyle and eating habits, hopefully resulting in gradual, healthy weight loss.

[Learn more about IBT](#)