



PartnerSHIP4 Health

March 2014 e-news

www.partnerSHIP4Health.org



Welcome to the March PartnerSHIP 4 Health e-newsletter.

In this edition you will find information on:

- Using the arts as a tool to increase daily intake of fruits and vegetables
- 30 Days of Biking Challenge encourages the public to be physically active
- Otter Tail County Public Health making changes to support healthy lifestyle behavior discussions with clients
- Mark your calendars for bike safety events offered throughout the region
- Dr. Jill Williams to present in Moorhead

Upcoming bike rodeos

Detroit Lakes

April 26th
9:30-11:30a
Kent Freeman Arena

Fergus Falls

April 26th
10a-1pm
YMCA

Perham

May 7th
3:30-5:30pm
Boys & Girls Club

Breckenridge

May 14th
4-6pm
OSPTI

Henning

May 18
1-3pm Fairground

Barnesville

June 3, 6:30pm
Library

Further details to follow

TOBACCO-FREE 4 HEALTH

The FDA recently launched its 1st EVER youth tobacco prevention campaign titled "The Real Cost"



[Click here to read more about the campaign!](#)

Questions about Tobacco-Free 4 Health Contact Keely Ihry at 218-299-7180
keely.ihry@co.clay.mn.us

Using the Arts to Promote Healthy Behavior

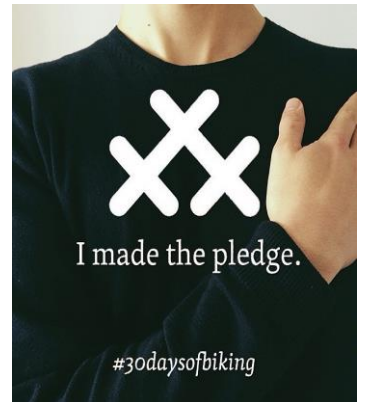
Heather Zinger, PS4H Arts Organizer is using her creative abilities to help students better relate to healthy foods and consume more fresh fruits and vegetables

[Learn more](#)



What is the 30 days of biking challenge?

It's a pledge to ride your bike every day in April, however far you want, no matter the weather! Then simply share your adventures by Tweeting online at **#30daysofbiking** that's all there is to it. The challenge begins April 1st so [register](#) now.



Public Health Agencies Improving Healthy Lifestyle Conversations with Clients

Public health agencies are putting systems in place to support their staff in routinely discussing healthy lifestyle decisions with their clients. Staff has also received Motivational Interviewing training in order to make these conversations more client-focused.

[Read more](#)



[Back by Popular Demand](#)

Dr. Jill Williams of the Robert Wood Johnson Medical School will be in Moorhead to provide a free training:

[Tobacco Use and Recovery Among Individuals with Mental Illness or Addiction](#)

- Topics:
- » Prevalence of tobacco use among mental health and substance use consumers
 - » Understanding tobacco addiction
 - » Incorporating assessment of tobacco dependence into clinical practice
 - » Using motivational assessments and psychosocial treatments
 - » Pharmacologic treatments

When: March 31st from 8:30 - 4pm

Where: Hjemkomst Center

[Click here to register](#)

Questions?? Contact Keely Ihry at 218-299-7180 or keely.ihry@co.clay.mn.us

