Dear Gina,
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January 2018 E-Newsletter

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"Chefs Move to Schools" in Breckenridge

For many school nutrition professionals, finding time away from daily work to attend trainings is difficult. Thanks to a collaboration between PS4H dietitian Karensa Tischer and culinary students from North Dakota State College of Science (NDSCS), kitchen staff at Breckenridge High School recently had the opportunity to prepare and serve a new roasted vegetable dish right in their own kitchen.

February 7th is Winter Walk to School Day!

Click the button to learn more about MnDOT's yearly event, and contact your local school to find out what events are planned in your area.
Incorporating wellness into the worksite can be challenging, but Perham Health, a member of the 2017 PartnerSHIP 4 Health (PS4H) worksite wellness collaborative and home to almost 500 employees, has made significant strides towards improving employee health. "Not only did the collaborative provide us with the tools we needed to lay the foundation for a successful program that focuses on policies, systems and environments, but they also helped us build relationships with other organizations in our same position, area health experts and resources that we can use to build our program," said Perham Health's Maggie Fresonke. "Aside from all the tools and resources, the collaborative was a ton of fun! I give credit to PS4H with the initial successes of Perham Health's Live Well Team and I encourage every organization to go through the collaborative to kick start their new or existing program."
Join us in St. Paul for a day of education and advocacy.

- Meet inspiring tobacco control advocates from around the state
- Train to be an effective grassroots advocate
- Meet with your legislators and share how policies can create a smoke-free generation such as:
  - Raising the tobacco age to 21
  - Funding tobacco prevention and cessation programs
  - Restricting menthol, fruit and candy flavored tobacco products
Keeping the price of tobacco high to prevent kids from starting to smoke and help current smokers quit.

We will start our day at 8:30 at the Minnesota History Center and move to the Capitol grounds in the afternoon. If you are interested, please contact Jason McCoy at jason.mccoy@co.clay.mn.us or 218-230-5389.

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**Workplace Wellness Network Meeting**

**99 Ideas to Energize your Workplace Wellness Program**

A meeting for area businesses who are or want to make employee wellness a priority:

**Wednesday February 7, 11:00 am – 12:00 noon**

Don Swenson Meeting Room

Arvig Building, 2nd Floor

Free and open to the public

Ideas to energize your wellness program about:
- Awareness
- Motivation
- Behavior Change
- Cultural Support
- Program Administration

And an opportunity to share your successes and barriers with participating worksites and learn about local resources to support your efforts.

Registration is required. To register, please call the Perham Area Chamber of Commerce at 218-346-7710 or at chamber@perhamcc.com

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Have you checked out our Facebook page? It's a great way to learn more about PartnerSHIP 4 Health's work across Becker, Clay, Otter Tail, and Wilkin Counties. Like
what we do? Leave a review to help others find out who we are!

PartnerSHIP 4 Health is supported by the Minnesota Department of Health through the Statewide Health Improvement Partnership (SHIP). To learn more about SHIP and its work across the state, click the logo to the right!

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