



December 2019 E-Newsletter

In This Issue: Interview with our Tobacco Prevention Coordinator, Save the Date for CookWell 2020, New Grant Opportunity!

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Merry Christmas from PartnerSHIP 4 Health!



We are pleased to celebrate PartnerSHIP 4 Health's 10-year anniversary of community partnerships across Becker, Clay, Otter Tail, and Wilkin Counties! Merry Christmas from all of us at PartnerSHIP 4 Health; may you all enjoy a healthy happy holiday season.

Left to Right: Katrina Mouser (Registered Dietitian), Katie Kitowski (GreenCorps Member), Patrick Hollister (Active Living Planner), Jason McCoy (Tobacco Prevention Coordinator), Mahmoud Toumeh (Otter Tail County Community Health Educator), Karensa Tischer (Registered Dietitian), Rory Beil (Health Promotions Director), Karen Nitzkorski (Schools & Worksites Coordinator), Jason Bergstrand (PartnerSHIP 4 Health Manager)

Not Pictured: Sarah Dixon-Hackey (Tobacco Cessation Project Manager)

Tobacco Update



Jason McCoy, Tobacco Prevention Coordinator, shares an update about vaping prevalence in our area schools and Tobacco 21 policy progress in our counties and municipalities. Please watch and share!

Save the Date!

Save the Date for our first CookWell class in 2020!

When: Monday, January 13 5:30-7 pm
Who: hosted by Service Food
Where: Fergus Falls YMCA

Register by calling Stacey Vaughn, Fergus Falls YMCA at 218-739-4489

\$10 for YMCA members, \$15 for potential members



New Grant Opportunity

We are pleased to announce that PartnerSHIP 4 Health was awarded a **CDC State Physical Activity and Nutrition Program (SPAN) grant**. The grant will be used to implement Good Food Guidelines with public agencies in our 4-county area. We are focusing our efforts in Becker County, partnering with The Joseph Project, a healthy food access non-profit, to make significant impact. Please contact Karensa Tischer at ktischer@lcsc.org or Katrina Mouser at katmouser@gmail.com for more information.

PartnerSHIP 4 Health (PS4H) is part of Becker, Clay, Otter Tail, and Wilkin County public health and 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 below.

