

Greetings!,  
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## April 2019 E-Newsletter

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Do you love to bike?

Do your kids' or grandkids' bikes need a spring tune-up?

Bring your bike and have some fun at these upcoming events!

# Kids' Bike Rodeo

Friday, April 26 4:30 P.M. – 6:30 P.M.

Fergus Falls Area Family YMCA

1164 Friberg Avenue

## A rodeo?

There are no bucking  
broncos here, but you can:

- Get a bike check-up.
- Ride through a fun  
obstacle course!
- Register to win a bike!

Please bring your own bike  
helmet. Don't have one? A  
limited number of helmets  
from Helmets for Kids will  
be available.



**Free to kids of all ages!**

Parent attendance & participation encouraged.

### Community partners and sponsors



**Lake Region**  
HEALTHCARE



Community  
Education



University of  
Minnesota  
Extension



West Central  
Initiative



### National Healthy Kids Day

The bike rodeo is just one  
of many events happening  
on Healthy Kids Day, a free  
nationwide YMCA event that  
encourages active play. Come  
for the rodeo and stay for an  
evening of fun!



# The 9<sup>th</sup> Annual Detroit Lakes Bicycle Rodeo

Saturday, April 27, 2019

9:30 – 11:30 am



Bring your  
bike and  
helmet



Kent Freeman Arena  
1300 Rossman Avenue, Detroit Lakes, MN 56501

Complete the bike rodeo to enter for a chance to win a new bike!  
Learn safety skills while having fun riding in a bike rodeo course.  
Bike helmets will also be given out.

This event is **FREE** and open to all ages  
Targeting children in grades K-8 with parental participation encouraged



Essentia Health



Rotary  
Detroit Lakes Breakfast Club



MIDWEST BANK



Ameriprise  
Financial

Rick Anderson | Financial Advisor

Matt Carrier | Private Wealth Advisor



Divine  
House, Inc.



Bremer  
Bank



AMERICAN NATIONAL BANK  
OF MINNESOTA

Bike giveaway will take place at 11:30 am

\*\*\* Need not be present to win \*\*\*

For more information, contact Leigh Edwards at Becker County 4-H at 218-846-7328 or by email at nels1425@umn.edu

Pedal your way to happiness!

# CONCORDIA RIVERSIDE BIKE RIDE

**BE PART OF THE ANNUAL  
SPRING CYCLING EVENT**

April 14th, 2019  
2pm  
Concordia College

**Don't Have a Bike?**  
We will have bikes for you to rent  
out. Please bring an ID

**Follow our Facebook  
page for more  
information!!**  
Concordia Riverside Bike Ride  
2019

<https://www.facebook.com/events/282400642693143/?ti=icl>



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LiveWell + EatWell = CookWell





*Lynn Remsberg and Kary Systma from Lake Region Healthcare teamed up and taught an informative, creative, and tasty CookWell class in March.*

Do you love to watch Food Network, spend time with friends, and eat delicious food? Then it's time to sign up for the CookWell classes at the YMCA in Fergus Falls!

Over the past year, chefs from area restaurants and cafeterias who partner with PartnerSHIP 4 Health (PS4H) in their healthy restaurant initiative, EatWell, have been leading a healthy cooking class every other month. Participants help prep the meal, eat together community-style, and go home with recipes and new cooking skills.

[Read Entire Success Story Here!](#)

**Try one of the recipes from the night:**  
[Quinoa Spinach Tomato Egg Bake](#)

**Next CookWell Class:**  
**Monday, May 13 5:30-7 pm**  
**Union Pizza @ Fergus Falls YMCA**  
**To register, call the YMCA 218-739-4489**

[CookWell Class Schedule](#)

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We want your input on making Highways 59 & 108 in Pelican Rapids more pedestrian-friendly, bicycle-friendly, and handicapped-accessible!

PartnerSHIP 4 Health, SRF, MnDOT, and the City of Pelican Rapids are working on concept plans for improvements to Highways 59 & 108 as part of MnDOT's reconstruction project in 2024.

Please join us!

# Pelican Rapids Highways 59 & 108

## Public Input Meeting

Thursday, April 25, 7:00pm Lake Region Electric Coop

## Shirka kawada tashiga wadooyinka

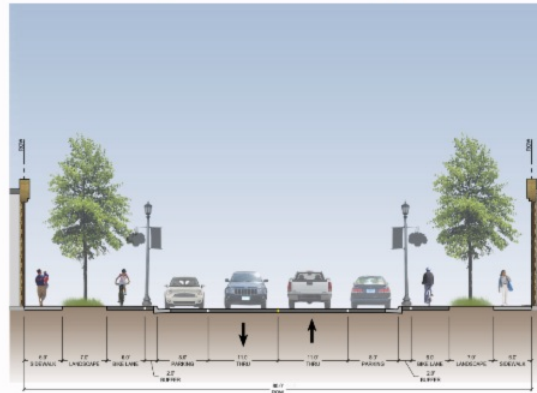
### 59 iyo 108 ee Pelican Rapids

Khamiista Bisha Abriil 25keeda 7:00 Fiidnima Lake Region Electric Coop

## Pelican Rapids autopistas 59 & 108

### Reunión abierta al público

Jueves, 25 de abril, 7:00PM Lake Region Electric Coop



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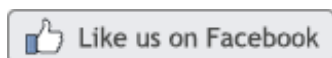
## GreenCorps Update

Scott Schwandt is pictured here fulfilling one of his roles as a MN GreenCorps member by being a volunteer. Since MN GreenCorps is an AmeriCorps VISTA program, Scott gives a portion of his time to civic engagement in the community. Here he is with his brother, Mark, helping the city of Moorhead fill sandbags for the upcoming Red River flood.



## Like and Review PartnerSHIP 4 Health on Facebook

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 (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 to the right.



PartnerSHIP 4 Health | [www.partnership4health.org](http://www.partnership4health.org)

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