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January 2018 E-Newsletter

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"Chefs Move to Schools" in Breckenridge

February 7th is Winter Walk to School Day!

Perham Health Reignites Worksite Wellness

2018 Healthy Schools Summit

Day at the Capitol 2018

Perham Event: 99 Ideas to Energize Your Worksite Wellness Program



Culinary students begin prepping the roasted vegetables.

"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.

[Read More](#)

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.

[Read More](#)



PS4H's 2017 Worksite Wellness Partners

Perham Health Reignites Worksite Wellness

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."

[Read More](#)

Healthy Schools Summit



March 21 2018

Dakota Medical Foundation, Fargo
www.ndseec.com | FREE to attend



Ready, set, let's ACTIVATE!

Let's activate with a line-up of ND and MN regional and local success stories and find out how they are making a healthy difference in the lives of students!



Scott Taylor | Dan Nelson
Principal & Behavior Interventionist
Park Brook Elementary
Osseo, MN School District

Julia Dinsmore
Poverty
Storyteller

Tim Lutz
Supt. Kelliher, MN
Public Schools

Breakout Sessions:

Healthy Eating

Alternative breakfast models
Increasing participation
& decreasing waste
Food allergies

Physical Activity

Active classrooms
Recess
Before & after school time

Systems

Healthy fundraising
Wellness policy implementation
Staff Wellness

[Click Here to Register](#)



Day at the Capitol Thursday, March 22, 2018 St. Paul, MN

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.

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

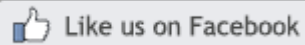
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what we do? Leave a review to help others find out who we are!



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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