



September 2019 E-Newsletter

Get involved in your local community conversations and initiatives, attend a healthy cooking class, and read about successes with area businesses!

Visit our Website

Upcoming Events

CookWell with The Fabled Farmer

Start of the school year with some recipes that are sure to please! Honey Lime Chicken, Glazed Brussels Sprouts, and Wild Rice Pilaf

Monday, September 9 5:30-7 pm
Y Members: \$10, Potential Members: \$15
Register with the YMCA at 218-739-4489

[View CookWell flyer and details HERE!](#)



Final Presentation of the Pelican Rapids Highways 59 & 108 Complete Streets Concept Plan

to be presented at the Pelican Rapids City Council Meeting
Tuesday, September 10 5 pm
Pelican Rapids City Hall

Moorhead Downtown Master Plan Public Open House

Thursday, September 12 4:30 - 6:30 pm
Hjemkomst Center

[Click HERE for more information!](#)

Henning Highway 108 Community Meeting

MnDOT will be reconstructing Highway 108 in Henning in 2024. Help us plan a more pedestrian-friendly, bicycle-friendly, and handicapped-accessible Highway 108!

Wednesday, September 18 5:30 pm
Henning Community Center

Diabetes Prevention in the Spotlight

Diabetes Prevention Luncheon with Minnesota Department of Health and Paul Sonnenberg

Guest Speaker, Paul Sonnenberg, community member and owner of Marlo Motors in Perham Paul started at 340 pounds, but has lost 45% of his body weight due to what he has learned through his local diabetes prevention class! Come and be inspired by his story. Representatives from the Minnesota Department of Health will also be sharing current best practices for diabetes prevention. If you are

involved with workplace wellness, a health care provider or professional, or someone who has been diagnosed with prediabetes or Type 2 diabetes, you won't want to miss this educational event!

Monday, October 7th 11-12:30
Lakes Country Services Cooperative, Fergus Falls
Free lunch included
[Registration Required: Click here!](#)

Join National Initiatives at a LOCAL level

October is National Farm to School Month. Join us and thousands of schools, early care and education sites, farms, communities and organizations across the country as we celebrate food education, school gardens and lunch trays filled with healthy, local ingredients.

[For ideas to get involved visit Farm to School Month website!](#)

**NATIONAL
FARM to
SCHOOL
MONTH**



Join students from around the world to celebrate International Walk to School Day on **Wednesday, October 2, 2019**. Local schools that have participated in past events include Perham, Detroit Lakes, Dilworth-Glyndon-Felton, Rothsay, Breckenridge, Battle Lake, Parkers Prairie, New York Mills, Barnesville, Hawley, Moorhead, Frazee, Lake Park Audubon, St. Mary's Breckenridge, and Fergus Falls.

Walk to School Day events raise awareness of the need to create safer routes for walking and bicycling and emphasize the importance of issues such as increasing physical activity among children, pedestrian safety, traffic congestion and concern for the environment. The events build connections between families, schools and the broader community while improving wellness.

[Register your school HERE!](#)

LOCAL Successes



Breastfeeding Friendly Workplace

PartnerSHIP 4 Health assists businesses in the application process for the Breastfeeding Friendly Workplace award by sharing their knowledge on the required space needs and policy design. A breastfeeding consultant is also available to make site visits to provide feedback to employers over best use of their space for a mother's room.

These regional businesses have applied and are recognized as Breastfeeding Friendly Businesses:

Fergus Falls Public Library, Fergus Falls
Lake Region Healthcare, Fergus Falls
MnDOT District 4, Detroit Lakes
Northern Contours, Fergus Falls
Otter Tail County
Perham Health, Perham
Sanford Health Pelican Rapids
StoneL, Fergus Falls
Stoneridge Software, Barnesville
Vector Windows, Fergus Falls

[Read the entire success story here!](#)

Photographs from Mother's Room in Northern
Contours in Fergus Falls.

