



PRESS RELEASE- Educational Event/ EMPLOYEE WELLNESS INITIATIVES FOR EMPLOYERS

Many employers are concerned about the cost of providing medical insurance for their employees. Employee health behaviors can have a negative or *positive* impact those costs. To that end, employers are increasingly becoming interested in providing healthy opportunities for employees at the workplace.

The counties of **Beltrami, Clearwater, Hubbard and Lake of the Woods** announce a free, special event on Tuesday, April 12 in Bemidji designed for **senior leaders, human resources and other interested personnel** throughout the four counties. The purpose of the event is to help employers learn about best practices associated with an employee wellness initiative, including how employers can improve upon their current practices.

Since March 2010, Anderson Fabrics (Blackduck), LakeWood Health Center (Baudette) and TEAM Industries (Bagley, Park Rapids) have been participating in a Statewide Health Improvement Program worksite project*. The wellness teams at each of the organizations have been actively working to develop a stronger employee wellness initiative. The project includes learning about worksite wellness best-practices and establishing goals. Goals established by the organizations include forming a wellness committee, establishing a wellness brand, administering a health assessment, improving the foods offered at the workplace and writing wellness policies to encourage tobacco reduction and increased physical activity and healthy eating.

The event agenda includes a sharing presentation by representatives from each organization to highlight their goals and accomplishments. Attendees will also learn about the business case for **developing an employee wellness initiative within their own organization**, the best practices for achieving success and suggested action steps for getting started.

The four counties mentioned above comprise the **North Country Community Health Board**. The Board is excited to bring you this **FREE** event on **Tuesday, April 12 from 9:30 to 11:45 a.m.** in the **Board Room at the Beltrami County Administration Building, 701 Minnesota Ave NW, Bemidji, MN**. Light snacks and beverages will be provided. Please RSVP to Josh Larson at joshlarson4@yahoo.com or (218) 684-5630.

* For more information on the Statewide Health Improvement Program see this link:
<http://www.health.state.mn.us/healthreform/ship/about/index.html>