

TRI WELLNESS AT WORK

...creating sustainable employee wellness programs in Benton, Sherburne, and Stearns Counties

Join our next Tri Wellness at Work Learning Collaborative for FREE to receive guidance, tools, and resources to customize your workplace wellness program.

Employers will learn best practice strategies in:

- Fundamentals of Workplace Wellness
- Healthy Eating
- Physical Activity
- Breastfeeding Support
- Commercial Tobacco-Free Workplace
- Mental Well-being

*Plus, time for networking opportunities!

“Whether you are just beginning a worksite wellness committee or have had one together for years...the information offered through this program is so organized and informative. It's definitely worth the time!”

- Kayla Miller, Director of Wellbeing
Guardian Angels of Elk River, Inc.

Why Workplace Wellness?

Employers offering a comprehensive workplace wellness initiative experience:

- Decreased absenteeism and health care costs
- Improved productivity
- Increased employee recruitment and retention
- Bolstered employee morale and commitment
- Improved time and stress management



This opportunity is made available by the Statewide Health Improvement Partnership at no cost to employers. All employers are welcome to apply.

Benton County: Mariah Klein

mklein@co.benton.mn.us

Sherburne County: Kristy Heying

kristy.heyings@co.sherburne.mn.us

Stearns County: Melissa Godwin

melissa.godwin@stearnscountymn.gov

Apply Here:

<https://www.surveymonkey.com/r/J7N8SCK>

Space is limited, apply soon!

If the application is needed in another language, please contact us.

