

## Looking to start or strengthen your wellness program?

Join Tri Wellness at Work! With support from the Statewide Health Improvement Partnership (SHIP), we are looking for motivated employers that want to strengthen their workplace culture and offer more opportunities for employees to make healthier choices.

We will be working with our next group of employers from March-September 2019 in the **Tri Wellness at Work: Learning Phase** where we will cover best practices for workplace wellness. After the Learning Phase, employers have the opportunity to join past participants to continue the networking experience and stay updated in the **Tri Wellness at Work: Network!** Through the two groups you will receive:

- Ideas, tools and templates to implement sustainable workplace wellness efforts.
- Guidance in gaining leadership support, developing a wellness team and goal setting.
- Networking opportunities with other local businesses to share ideas and lessons learned.
- Assistance from our workplace wellness experts to help bring the concepts to your business.

If you are an employer ready to make changes in your workplace - we're ready for you.

**Best of all – there's no cost for your organization!**

**TO JOIN:** Contact your local public health representative listed to the right.

You may also apply online at <http://tinyurl.com/TriWellnessProgram> between now and February 22, 2019. Employers must be located in Benton, Sherburne or Stearns Counties. Space is limited and an application to join is required so contact us soon!

### Contact Information

#### Benton County

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#### Sherburne County

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“The Tri Wellness program should be the go-to program for any company wanting to get a running start at a cohesive wellness program. You will walk away with a wealth of knowledge and resources as well as many group contacts.”

**-Heather VanZee, HR Partner,  
Midwest Machinery Co.**

**Since 2015,  
37 employers  
in Central MN have  
strengthened their  
wellness programs  
through  
Tri Wellness at Work!**

“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 Wellness  
Guardian Angels of Elk River, Inc.**

# Tri Wellness at Work

A tri-county workplace wellness initiative between Benton, Sherburne, and Stearns Counties.

## Customize a workplace wellness program for your business

Tri Wellness at Work can help you learn more about the best practice strategies for policy, systems, environment and social support initiatives that will help your employees eat better, be more active, quit/reduce tobacco use, learn more about lifestyle/stress management and support new moms in breastfeeding. Examples include but are not limited to:



### Healthy Eating

- Healthy vending options
- Healthy snack station creation
- Cafeteria improvements
- Labeling & signage
- Meetings & events
- Lunch & Learns
- Manager training
- Employee survey
- Policy



### Physical Activity

- Stretch breaks
- Flexible scheduling
- Dress code
- Walking meetings
- Bike racks
- Walking clubs
- Exercise classes
- Manager training
- Employee survey



### Tobacco Use and Exposure

- Free quit medications
- Tailored tobacco-cessation programs
- Tobacco-free worksite
- Manager training
- Tobacco-free policy



### Breastfeeding Support

- Mother's room
- Mother's support group
- Staff training
- Support policy



### Lifestyle/Stress Management

- Quiet room/spaces
- Employee and manager survey
- Prioritizing work stressors
- Skills training
- Flexible scheduling
- Employee Assistance Programs
- Becoming a dementia friendly workplace

## Foundational Elements

Leadership support • Wellness committee • Organizational assessment • Assessments • Vision • Brand  
Measurable goals and objectives • Communication plan • Making wellness a part of your strategic business plan • Evaluation

*Make the healthy choice, the easy choice!*