

# 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
- Tobacco Use and Cessation
- Lifestyle and Stress Management

**“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.

## 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.

Apply here: <https://tinyurl.com/Tri-Wellness-at-Work>  
Application Deadline: February 20th, 2020

### Benton County

Jennifer Lezer  
(320) 968-5275  
[jlezer@co.benton.mn.us](mailto:jlezer@co.benton.mn.us)

### Sherburne County

Kristy Heying  
(763) 765-4106  
[kristy.heyings@co.sherburne.mn.us](mailto:kristy.heyings@co.sherburne.mn.us)

### Stearns County

Jennifer Wald  
(320) 656-6503  
[jennifer.wald@co.stearns.mn.us](mailto:jennifer.wald@co.stearns.mn.us)