



# Worksite Wellness Networking and Training Events

---

## Spring and Summer 2017

---

**April 20, 2017**

### Proof Positive: Assessment and Evaluation Can Save You Time and Money

Do you know what your employees are looking to get out of your company's wellness program? Do you know if your program is really making a difference? Join us as we share why program assessment and evaluation are keys to your success — and how they can save you valuable time and money.

Following a brief presentation by Melissa Hoffmann (Brown County Public Health), Shawna Boomgarden (City of New Ulm) and Jen Maurer and Jeff Allerson (New Ulm Medical Center Occupational Health and Wellness), participants will break into small groups to identify barriers and brainstorm ways to overcome them.

**Time:** 11:30 a.m. to 1 p.m.

**Location:** Martin Luther College Cafeteria, New Ulm

**Cost:** For those desiring lunch, the buffet line will be available for \$6 per person (plus tax)

**RSVP:** By April 17 to [info@heartsbeatback.org](mailto:info@heartsbeatback.org)

**July 20, 2017**

### Worksites on the Move: Sure-fire Ways to Help Employees Be Active



*Featuring Scott Mangen, MS, ATR, ACSM EP-C, athletic trainer at Allina Health's Courage Kenny Rehabilitation Institute*

You don't need an onsite fitness facility to get your employees up and moving! Scott Mangen will share information on easy-to-implement stretching programs, and we'll also discuss other creative ways that New Ulm employers are promoting physical activity during the workday, including walking meetings, "deskercises" and more.

**Time:** 11:30 a.m. to 1 p.m.

**Location:** Turner Hall, New Ulm

**Cost:** For those desiring lunch, the soup and sandwich line will be available for \$8.25 (plus tax, beverage and gratuity)

**RSVP:** By July 17 to [info@heartsbeatback.org](mailto:info@heartsbeatback.org)

Join fellow worksite wellness community leaders to learn, share and find solutions to common challenges you all face in building a culture of health at your worksite. Together we **can** make a difference.