



Worksite Wellness and Community Health Challenge Action Team

The action team plans, schedules and conducts quarterly networking and training sessions for New Ulm worksite wellness leaders and plans and conducts other programs for worksites and the community.

2025 Accomplishments

Workplace Wellness Trainings

- The team hosted three quarterly worksite wellness networking and training events for 58 attendees:
 - February:** Worksite Injury Prevention: Helping Employees Prevent Musculoskeletal Injuries
 - May:** Workforce Trends: Aging and Caregiving in the Workplace
 - October:** Courageous Conversations in a Changing Workforce

Step into Spring Community Step Challenge

- In April, the team planned and coordinated a brand new six-week challenge — the New Ulm Step into Spring Community Step Challenge — for a fun way for people to work on their health and wellness. Everyone who works or lives in New Ulm was encouraged to join their family, friends and coworkers in a fun community-based walking challenge, participating either as an individual or as a team of up to four people.


More than 240 people participated in the challenge, which set a goal to work up to 10,000 steps per day, starting at 5,000 steps during Week 1 and increasing them by 1,000 each week. Those who tracked their steps each week were entered into drawings to win great prizes.

Poker Walk Event

- For the 10th year in June, the team sponsored the annual Poker Walk in partnership with the New Ulm Area Chamber of Commerce and Ameriprise Financial to combine the fun of a card game with the benefits of movement — all while spotlighting the businesses that help our community thrive. New for 2025, the event was changed from a weekly Friday event to a single three-day event to accommodate those who weren't able to participate on Fridays. The walk had 19 participating businesses and attracted 50 walkers.

Join us for a Worksite Wellness Networking and Training Event

Workforce Trends: Aging and Caregiving in the Workplace



Minnesota's workforce is aging. Older employees are delaying retirement longer than in the past, and most employees currently care for a child, friend, neighbor or aging parent. Learn about strategies and resources for embracing and adapting to these changes so your organization can thrive as a workplace of the future.

Presenter:
Ashley Hagen, Program Developer, Minnesota River Area Agency on Aging (MNRAAA)

Ashley has been with MNRAAA for the last seven years, including several roles with the Senior Linkage Line. She works out of the Mankato office and serves nine counties (Gibbstown, Nicollet, Brown, Blue Earth, Le Sueur, Wabasha, Watonwan, Martin and Faribault) providing advocacy, grant technical assistance, and implementation and expansion of new or existing initiatives that target older adults and/or caregivers.

Thursday, May 8, 2025

Time: 11:30 a.m. to 1 p.m.
Location: Best Western 2101 S Broadway, New Ulm

Lunch: Order from the menu at your own expense

RSVP: Register by May 5 at lnurl.com/huy/4vrbz6 Or RSVP by May 5 to Jennifer.Maurer@allina.com

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Take the 6-week New Ulm Step into Spring Community Step Challenge!



Join the 6-week challenge for a fun way to work on your health and wellness this spring!

If you work or live in New Ulm, join your family, friends and coworkers in this fun community-based walking challenge!

HOW IT WORKS

- You can participate either as an individual or as a team of up to 4 people
- Track your steps from April 21 - June 1, we'll be entered to win great prizes!
- Work up to 10,000 steps per day. Week 1 starts at 5,000 steps a day and each week, you'll increase your steps by 1,000.
- Can't track your steps? Use the [gpslogger.com/lnurl.com/ConcertSteps](https://www.gpslogger.com/lnurl.com/ConcertSteps) to determine the number of steps for activities other than walking.

Week	Dates	Steps/Day
Week 1	April 21 - 27	5,000 steps/day
Week 2	April 28 - May 4	6,000 steps/day
Week 3	May 5 - 11	7,000 steps/day
Week 4	May 12 - 18	8,000 steps/day
Week 5	May 19 - May 25	9,000 steps/day
Week 6	May 26 - June 1	10,000 steps/day

REGISTER

- Register at lnurl.com/huy/4vrbz6
- Each week, you will receive an email with a link to a form where you can enter your steps for that week.
- If you are participating on a team, you will still enter your steps individually each week on your own form, along with the name of your team.

Earn a chance to win Chamber dollars just by participating!

Weekly drawing for \$200 in Chamber dollars: 200 people who submit their steps by the weekly deadline have a chance to win

Individual winner after 6 weeks: \$50 in Chamber dollars

Team winner after 6 weeks: \$100 in Chamber dollars

Final drawing for Chamber dollars: Everyone who has submitted their steps each week by the deadline has a chance to win

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