



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.

2024 Accomplishments

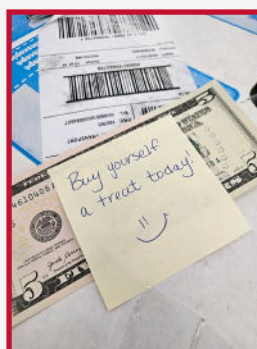
Workplace Wellness Trainings

- The team hosted three quarterly worksite wellness networking and training events focused on nutrition for 64 attendees:
February: Successful Strategies for Eating Healthier at Work
April: Your Brain on Food: Mental Health & Nutrition
October: Befriending Your Gut Microbes: Building a Strong Microbiome

Embrace Wellness Resiliency Program for Local Employers

- In partnership with the Brown County Mental Health and Wellness Action Team, the team again offered the Embrace Wellness resiliency program to five area employers. The program helps employees build resiliency through fun, evidence-based mental well-being strategies that result in better connected, happier people.

For example, the first practice is focusing on random acts of kindness for influencing positive emotion and meaning. One of the participating employers, Blethen Berens, had a team of employees go into the community to perform random acts of kindness. They hid pre-packaged easter eggs at a park for kids to find and hid cash in the toy section for kids to find and buy a treat with.



Poker Walk Event

- The team sponsored the annual Poker Walk in June in partnership with the New Ulm Area Chamber of Commerce and Ameriprise Financial to promote physical wellness. The walk had 16 participating businesses for the walk, which attracted 119 walkers throughout the four-week event.

Join us for a Worksite Wellness Networking and Training Event

Your Brain on Food: Mental Health & Nutrition

Join us to learn about an evidence-based view of how what we eat affects our mental health and how we can improve our diets to improve our health.

Dr. Shelly Brandenburger, PhD, RD, LD
Associate Professor, Family Consumer Science Dept., Minnesota State University – Mankato

For more than 20 years, Dr. Brandenburger has been studying, researching and teaching about the role of nutrition in health, including a focus on the role of nutrition in mental health. She has also maintained an active clinical practice for many years, working with patients with depression, anxiety and other mental health disorders. Dr. Brandenburger has spoken at several conferences on this topic and is particularly passionate about teaching the public about the role of nutrition in all aspects of health, believing that nutrition can and should play a part in helping us navigate the modern mental health crisis. She raises chickens on her farm, grows much of her own food and loves to teach others to love simple, healthy food.

Thursday, April 18, 2024

Time: 11:30 a.m. to 1 p.m.
Location: Best Western Plus Schells Room
 2021 S Broadway, New Ulm

Lunch: Order from the menu at your own expense
RSVP: Register by April 15 at www.heartofnewulm.com/Worksite
 Or RSVP by April 15 to shelly.brandenburger@state.msu.edu

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