



# LIVE WELL, WORK WELL

It's free, rewarding and it works!

Isanti, Kanabec, Mille Lacs and Pine Counties are seeking 4-6 worksites that are located in Isanti, Kanabec, Mille Lacs and Pine Counties to join us in a special worksite wellness initiative. We'll help you make changes that create a positive work culture and healthier employees. This free program is funded by the Minnesota Statewide Health Improvement Partnership (SHIP).

Worksites that participate in Partners in Healthy Living - SHIP **2019-2020 will receive:**

- Resources and assistance to address **healthy eating, physical activity, breastfeeding support, tobacco use, and the stress management**
- Grant funding opportunities available for participating employees interested in making changes in the above areas
- Networking opportunities with fellow SHIP worksite coordinators

“This program was fantastic! It gave us the extra impetus we needed to formalize some of our initiatives.”

– Former partner

“This group is terrific! I always walk away with some new ideas or inspiration to try at my site.”

– Current partner

**For more information,** please contact  
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