

# WELL AT WORK

HEALTHY EMPLOYEES =  
PRODUCTIVE  
EMPLOYEES



**SIGN UP TODAY!**

Partner with the Dakota County Public Health Department and the Statewide Health Improvement Partnership (SHIP) to address the fundamentals of worksite wellness to support employees' mental and physical health. We are accepting applications for up to 16 worksites to join us for a worksite wellness initiative. Sites must be located in Dakota County and have approximately 25 to 500 employees.

## PARTICIPATING WORKSITES RECEIVE

- ✓ Assessment tools, support in establishing a wellness committee, customized goals, metrics and personalized technical assistance from a wellness consultant
- ✓ Networking opportunities
- ✓ Information and support related to Health Equity
- ✓ A \$2,000 stipend for participating and meeting deliverables

## TOPICS ADDRESSED

Efforts can address topics including:

- Mental Well-Being
- Healthy Eating
- Physical Activity
- Breastfeeding Support
- Help Quitting Tobacco

## WELLNESS INITIATIVES WORK

Since 2011, 85 employers at over 117 worksite locations have strengthened their wellness programs through Dakota County's SHIP Worksite Wellness.

### WHAT PAST PARTICIPANTS HAVE SAID:

"Thank you for sponsoring the opportunity. This kick started a wellness effort that we wouldn't have done without the program and funding."

"This partnership was well worth our time and we gained so much valuable information."

"Great networking, great ideas, and grateful for all the resources this initiative provides."

## READY TO START?

[Click here](#) to complete the online application, or search "Worksite Wellness" on the Dakota County website.

Applications will be accepted until all spots are filled and is determined by first come, first served basis.

## CONTACT US

Anna Kuczarskyj  
HealthSource Solutions



763-287-0741



[AnnaKuczarskyj@healthsource-solutions.com](mailto:AnnaKuczarskyj@healthsource-solutions.com)