



HealthSource  
Solutions



worksite wellness initiative

# be well at work!

Since 2011, 94 employers at over 126 worksite locations have strengthened their wellness programs through **Dakota County's SHIP Worksite Wellness**. By partnering with Dakota County Public Health and the Statewide Health Improvement Partnership (SHIP), you gain tools that support the mental and physical health of your employees — an investment that benefits both individuals and your organization as a whole through improved morale, productivity, and retention. Participating worksites receive:

- Assessment tools, support in establishing a wellness committee, customized goals, metrics, and personalized technical assistance from a wellness consultant
- Networking opportunities to connect you with other employers across Dakota County who are working to create healthier, more supportive workplaces
- Information and support related to health equity
- A \$2,000 stipend for participating and meeting deliverables

HealthSource Solutions is currently accepting applications from up to eight worksites for a wellness initiative. Apply online or search 'Worksite Wellness' on the Dakota County website. Spots are filled on a first-come, first-served basis.

## Topics include:

- Mental Wellbeing
- Healthy Eating
- Physical Activity
- Lactation Support
- Tobacco Cessation



Thank you for sponsoring this opportunity. It 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.

## Register now

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