

January, 2020

HMC Worksite Wellness Newsletter



Welcome!

In September 2019 you attended the HMC Worksite Wellness Summit. You asked for a newsletter and we delivered.

We will be providing a quarterly newsletter with interesting topics surrounding wellness in the workplace. Our hope is that you will be able to utilize this information to improve the health and wellbeing of your employees. Additional information and resources for HMC Worksite Wellness can be found at <http://healthiestmc.org/>

The Wellbeing Wheel

Our newsletter will focus on all aspects of wellness throughout the year.




January 2020 Lean on the Lakeshore- Registration Closes January 19th!

2020 HFM Lean on the Lakeshore
Know Your Numbers

Lean on the Lakeshore is a 100-day weight loss challenge starting January 5, 2020, with the kickoff event at the Manitowoc Senior Center. It's open to anyone who lives or works in Manitowoc County and is interested in living a healthier lifestyle or losing weight. Form a team of friends, co-workers, relatives and do the challenge together!

- Workouts
- Educational seminars
- Hikes
- Nutritional education
- Health information
- Cooking demonstrations
- Fitness challenges

2019 Success!



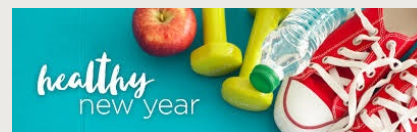
Doug Schultz
76.5 pounds

Petty Basset
37.4 pounds

Activities will be at the Holy Family Memorial Wellness Center, the Manitowoc-Two Rivers YMCA, Roncalli High School and Planet Fitness to name a few.

Register before December 2 to get your t-shirt at the kickoff event and a special prize from Subway
Register online at
leanonthelakeshore.com

New Year, New Wellness Ideas



Little Changes can add up to a new you! Consider one small change each month and at the end of the year, you will have 12 Healthy Habits!

- Make an effort to move everyday
- Try lifting weights every other day
- Stay hydrated with H₂O
- Try a new fresh fruit or vegetable every week
- Do more of what makes you Happy!

[Healthiest Manitowoc County Substance Abuse & Mental Health Coalition](#)

The Zero Suicide Task Force has one powerful objective-
Too End Suicide in Manitowoc County

Zero Suicide is a movement committed to suicide prevention in our community

With major funding from Prevent Suicide Manitowoc County and Healthiest Manitowoc County, our first initiative is to train 5,000 lay people and professionals in **QPR-Question, Pursade, and Refer**, an evidence-based crisis intervention protocol that saves lives. Just as we encourage the public to know CPR and the Heimlich maneuver, we are encouraging Manitowoc County to know and understand how to intervene in the event of a suicide crisis. All classes are free; trainers are asked to make a year-over-year commitment. For more information on becoming a trainer or to register for the mailing list for upcoming free public class schedules, or to join the Zero Suicide Task Force, please contact Donna Firman, Task Force Chair at 920.686.8716 or email her at: donnafirman@mustardseedadvisors.org

If you or someone you know is experiencing an immediate crisis, please contact the **National Prevent Suicide Hotline 24/7** at **1-800-273-TALK (8255)**. The **24/7 Text Hopeline** is also available at **741741**. Locally, help can be reached at 920-683-4230 during business hours and 1-888-552-6642 after hours and on weekends. For non-emergency information on support services available, please call Prevent Suicide Manitowoc County at 920-901-0779 and leave a message for Donna Firman.



Upcoming Health Observations

January 19th-25th Healthy Weight Week

<https://www.iabhp.com/ditch-the-diet-for-a-healthier-you/>

February is American Heart Month

National Wear Red Day- February 7th

<https://www.heart.org/>

February 17th-21st Random Acts of Kindness Week

Think of all the things employees could do to instill a positive environment in the workplace. For ideas:

<https://www.randomactsofkindness.org/>

March is National Nutrition Month

- Have a healthy potluck with foods from all four food groups
- Host a Lunch N Learn with a guest nutritionist/dietician
- Organize a healthy recipe contest among employees and have the winner win a gift certificate to a healthy restaurant



- Consider providing a healthy snack to employees in the breakroom



Looking for more Information?

Remember we are here to help. We have additional resources for worksite wellness on the Healthiest Manitowoc County website at:

<http://healthiestmc.org/worksite-wellness/>

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Connect with us

