

Crow Wing *energized*

A grass roots movement to improve health & wellness in our community by making the healthy choice the easy choice



Lakes Area Restorative Justice



Bremer Bank



Northern Pines Mental Health Center



The Crow Wing Energized team recently surprised the winners of the reThink Your Drink challenge:

Lakes Area Restorative Justice
Small Business Winner

Bremer Bank
Medium-Sized Business Winner

**Northern Pines
Mental Health Center**
Large Business Winner

Thank you to everyone who participated!
There were 31 teams and 961 participants!

Crow Wing Energized is a grass roots community health and wellness movement led and funded by



Essentia Health

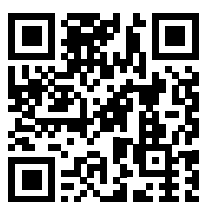


Find us on Facebook

<https://www.facebook.com/crowwingenergized>

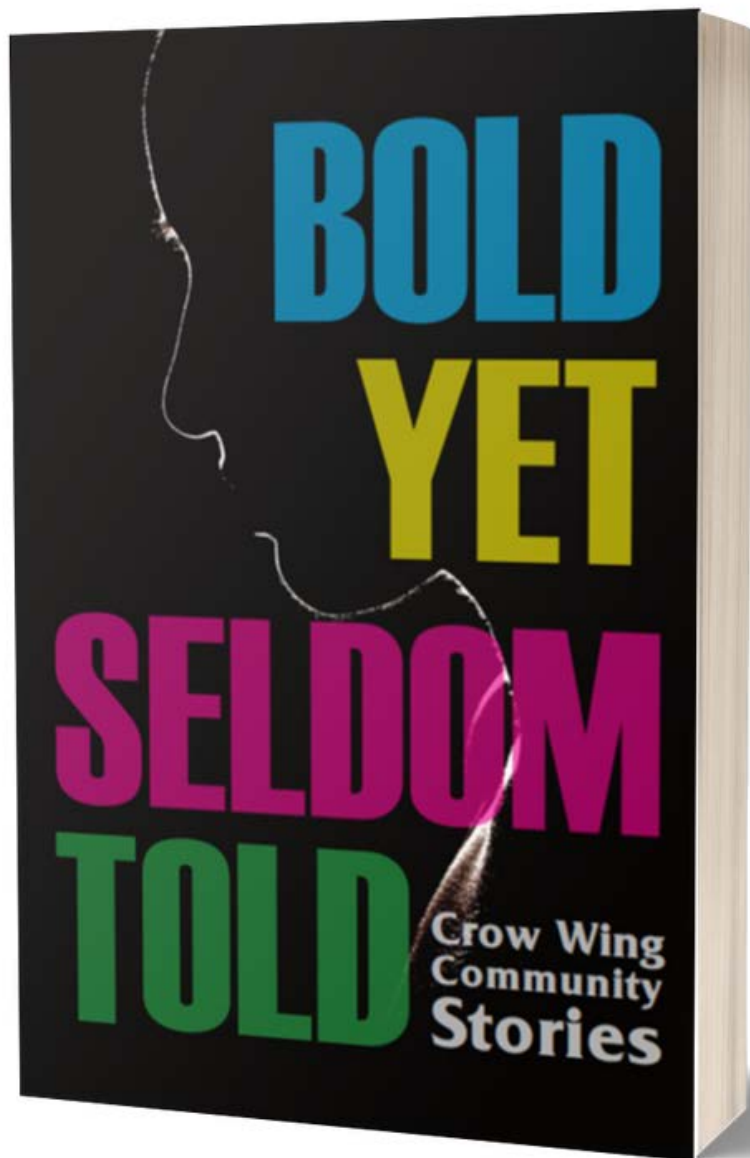
Like or Follow for the latest information.

www.CrowWingEnergized.org



BOOK LAUNCH CELEBRATION

Sunday, April 14, 2024
2:00 p.m. to 4:00 pm



Join us for an open house
and 2:30 presentation
Essentia Health, St. Joseph's Medical
Center, lower level cafeteria.
Refreshments will be served.

STORIES FROM OUR CROW WING COUNTY NEIGHBORS & COMMUNITY MEMBERS

Creating Dialogue, Compassion
& Empathy to Stop Stigmas
and Build Healthy
Relationships



Register Here!

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Essentia Health
St. Joseph's Foundation



Essentia Health

BlueCottage
AGENCY



got plans?



Got Plans? will help you learn about Advance Care Planning from experts



Virginia 'Ginny' Knudson, Attorney

Virginia 'Ginny' Knudson, Attorney, practices law at Borden, Steinbauer, Krueger, & Knudson, PA representing individuals and businesses in various areas of law including estate planning and probate. She graduated from University of Minnesota Law in Minneapolis. Ginny is actively involved in our community including serving on several board of directors and has supported Crow Wing Energized by sharing her time and talent with our movement. To find out more about her practice, visit: www.brainerdlaw.com

Save the Date! 7th Annual Conference Tuesday, April 16 • 9am-Noon

Scan to Register:



Check-in 8:30 • Lord of Life Lutheran Church - 6190 Fairview Road, Baxter

Keynote speaker: Virginia 'Ginny' Knudson, Attorney

Register online: crowwingenergized.org/events or contact:

Kara.Schaefer@EssentiaHealth.org or Karen.Johnson@EssentiaHealth.org

Learn more about advance care planning, guardianship, and estate planning:

- Ashley Gage, Adult Protection Social Worker from Crow Wing County, will discuss guardianship
 - Nita Loken, Care Transition Coordinator with St. Croix Hospice, will discuss how to fill out an advance care directive
 - You will have an opportunity to meet with a specialist to complete your advance care directive at the end of the event from 12-12:30 pm
 - Learn more about the Stay Active and Independent for Life (SAIL) class
- **Advance Registration is Required • Space is limited for this FREE event**
- **Light refreshments will be served**

A grassroots community health and wellness movement led & funded by:



do you have concerns about falling?

A Matter of Balance: Reducing Your Risk of Falls

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.



You will learn to:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

Who Should Attend?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling

CLASS DETAILS

Classes are FREE and held once a week for eight weeks for two hours each.

- Session 1** Course description and fall concerns
- Session 2** Ways to think about falls and importance of recognizing concerns
- Session 3** Effects of physical activity and balance exercises
- Session 4** Physical risk factors and asking for what you need
- Session 5** Action plan for exercise and how to change unhelpful thoughts
- Session 6** Exercises and recognizing and changing Fall-ty habits
- Session 7** Exercises, common home hazards and creating an action plan
- Session 8** Exercises and create an action plan for a fall-ty habit

For more information please contact Kara Schaefer
Kara.Schaefer@EssentiaHealth.org • 218-454-5901



There are two classes starting in April!

Class meets weekly on
Thursdays from
April 4 to May 23
1 - 3 p.m.
in Dining Room 300
at Woodland
Good Samaritan
300 Buffalo Hills Ln W
Brainerd
Class Leaders:
Laura Dilley and
Becky Bohnenstingl

Class meets weekly on
Tuesdays from
April 9 to May 28
10am - Noon
at Crosslake
Lutheran Church
35960 CR 66 Crosslake
Class Leaders:
Norma Hudgson
and Gail Smith

Class Size is Limited!
Registration is
required, but class is
FREE TO ATTEND!

Register online at
crowwingenergized.org/event

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You are invited to join us for a unique experience!

Hope Floats

Bert will share his story about how unaddressed trauma in his life impacted him. His main message will focus on hope – he will share tools to work on developing hope and resiliency.

Hope on purpose. Hope Hard!

Discussion will center around being the real you – the authentic you. There will be an opportunity for sharing.

We will end this presentation with a root beer float!

**Wednesday,
April 24**



2 to 3:30 pm

Chalberg Theatre at
Central Lakes College

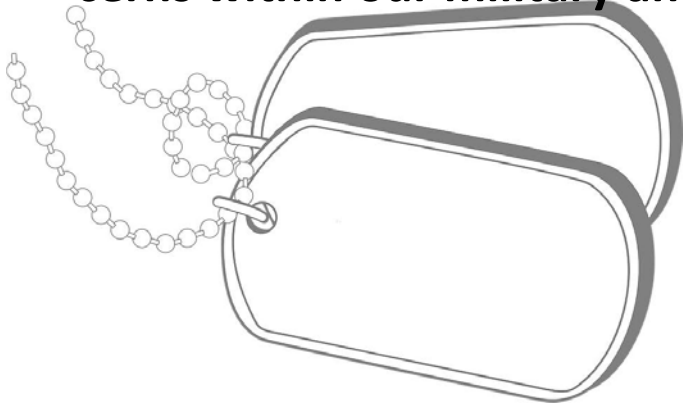
Presenter: Bert Brandt





Support, Connect, and Thrive

Two days filled with understanding mental health, stigma, and concerns within our military and their families, and networking.



Presentations include:

Lethal means safety, fostering connections, mental wellbeing, self-care, QPR, story circles, equine assisted therapy, CVSO roundtable discussions, Hero-Care, problem gambling, and many more

2024 Conference

April 25 & 26 at Camp Ripley

To register please visit [https://
www.militarymentalhealthcoalition.com/annual-conference](https://www.militarymentalhealthcoalition.com/annual-conference)

Single day general admission \$80 or 2 day general admission \$150

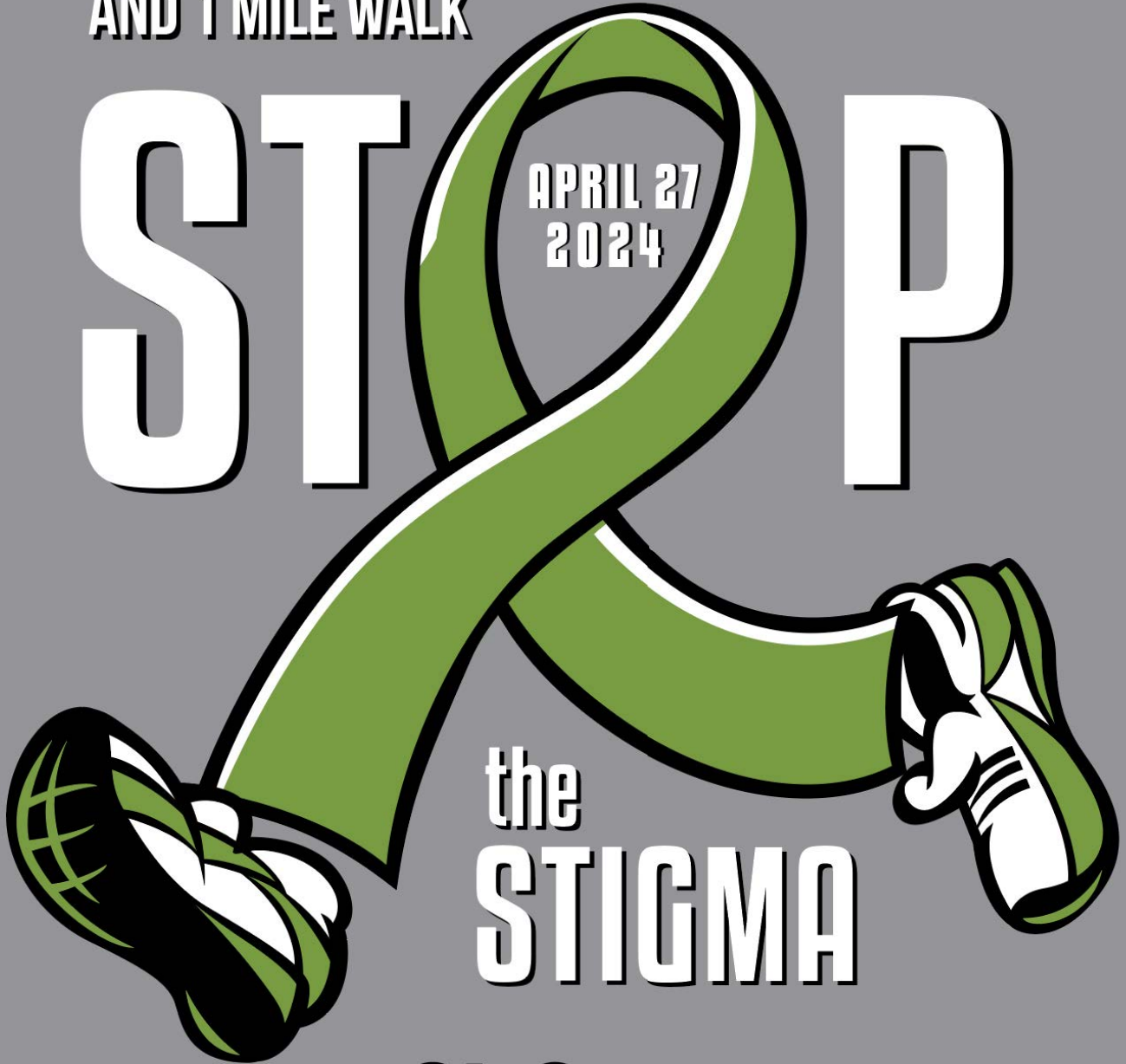
Continental breakfast and lunch are included



5K^{for} MENTAL HEALTH AWARENESS AND 1 MILE WALK

STOP

APRIL 27
2024



the STIGMA



CLC
CENTRAL LAKES
COLLEGE

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Register Here:
<https://5kformentalhealthawareness.itsyourrace.com>

CLC is committed to legal affirmative action, equal opportunity, and access and diversity of its campus community. This document is available in alternative formats. Consumers may also contact us via their preferred Telecommunication Relay Service.

Event proceeds
to benefit:



CLC CENTRAL LAKES COLLEGE
Random Acts of Kindness Program