

Crow Wing *energized*

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



What an incredible afternoon packing food at The Outreach Program of Brainerd Lakes!

We had such a great time coming together to help address food scarcity in our community - and we sure had FUN while doing it!
Huge thank you to all the Essentia Health employees and their family members who joined us and Crow Wing County employees who made this possible.
How do you give back to our amazing community?

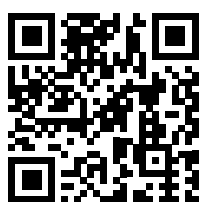
Crow Wing Energized is a grass roots community health and wellness movement led and funded by



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

Like or Follow for the latest information.

www.CrowWingEnergized.org





We are looking forward to seeing you at the Baxter Night to Unite and Brainerd Night Out!

These annual events promote police-community partnerships and neighborhood unity to enhance safety and build stronger communities.

Baxter Night to Unite

Tuesday, Aug. 5 • 4-7 p.m.
Oscar Kristofferson Park
5672 Baxter Lions Road • Baxter

Brainerd Night Out

Tuesday, Aug. 12 • 5-7 p.m.
Gregory Park
511 N 5th St. • Brainerd

We proudly support the Crow Wing County Food Access Coalition!

The Crow Wing Food Access Coalition is a coalition of Crow Wing area food shelves and hunger relief agencies that are committed to eliminating hunger in our area. We will be routinely sharing opportunities for everyone who eats to get access to free and reduced-price food options as well as other basic need necessities.

Please join us as we seek to take care of our neighbors in Crow Wing County and the surrounding area!

Be sure to like and share the Crow Wing County Food Access Coalition Facebook page: <https://www.facebook.com/profile.php?id=61568191671451>

The page posts upcoming events centered around food insecurity. Also available is an updated food access list for Crow Wing County with resources for food shelves, soup kitchens and food distribution locations.



Crow Wing County Food Access Coalition

<p>Children Food Assistance Operation Sandwich: Bridges of Hope (218) 825-7982 Provides much needed meals weekly to students facing hunger over the summer and school breaks lasting longer than 4 days. Grocery bags include 3-days worth of bread, peanut butter, jelly, granola bars, fruit snacks, an additional snack, and fresh fruit and/or vegetables are available for pick-up. Find them on Facebook as Operation Sandwich.</p> <p>Senior Food Assistance LSS Senior Nutrition 1-800-485-4146</p> <p>Commodity Supplemental Food Program (CSFP) (218) 829-4136 This is a nutrition assistance program just for seniors. Receive a FREE food package each month. Call for applications and hours.</p> <p>Distribution Sites: • Brainerd • Piquet Lake • Crookston • Conley • Boley</p> <p>Apply online: www.health.state.mn.us/people/cfp</p>	<p>Public Food Assistance Programs What benefits are available? SNAP - Supplemental Nutrition Assistance Program Crow Wing County Community Services 254 Laurel Street Brainerd, MN 56401 Apply in person, call for a paper application to be sent to you (218) 824-1290, or apply online mn.gov</p> <p>WIC - Women, Infant, & Children 254 Laurel Street - Suite 12 Brainerd, MN 56401 (218) 824-1073 WIC offers for nutritious food and baby formula.</p> <p>Resource Developed by: Elizabeth Goss SNAP Ed Health & Wellness Coordinator Northeast Region (218) 750-9000</p>	<p>UNIVERSITY OF MINNESOTA EXTENSION SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION (SNAP-ED)</p> <p>Crow Wing County Food Access Resources for food shelves, soup kitchens, and food distribution</p> <p>Updated March 2025</p>
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Come visit our booth at the Crow Wing County Fair!

Tuesday, July 29-Saturday, Aug. 2

Explore Area Farmer's Markets

Farmer's Markets are a great way to purchase fresh local fruits, vegetables and more!

Area Farmer's Markets:



Brainerd Farmers Market
Tuesdays, 8 a.m. to 12:30 p.m.
Franklin Arts Center, Brainerd

Nisswa Farmers Market
Thursdays, 8 a.m. to 12:30 p.m.
American Legion Parking Lot, Nisswa

Deerwood Farmers Market Co-op
Thursdays, 2-6 p.m. next to True Value Hardware
Highway 6/Forest Drive, Deerwood

Northern Pacific Center
Thursdays, 3-7 p.m. at Northern Pacific Center, Brainerd

The Woods Farmers Market
Every Other Thursday beginning June 5th, 3-7 p.m.
The Woods Parking Lot

Baxter Farmers Market
Fridays, 8 a.m. to 12:30 p.m.
West Port Shopping Center, Baxter



Main Street Market
Fridays, 9 a.m. to 2 p.m. at
Brainerd City Hall Parking Lot

Cuyuna Range Farmers Market
Saturdays, 9 a.m. to 1 p.m. at
Main Street Plaza, Crosby

Ideal Green Farmers Market
Saturdays, 9 a.m. to 1 p.m. next to Ideal Fire Department
on County Road 16, Ideal Township



We love getting to connect with kids at area Farmers Markets! We talk about the importance of eating vegetables while they plant a cucumber to grow at home.

Please note that this list may not include all local farmers markets, and schedules are subject to change. We recommend checking social media for the most up-to-date information before finalizing your plans.

do you have concerns about falling?

A Matter of Balance: Reducing Your Risk of Falls



Nursing Interns from Essentia Health will be at the Crow Wing County Fair conducting FREE balance tests to help determine if you are a candidate for a FREE Matter of Balance class.



Wednesday, July 30th • 10am-2pm
Crow Wing County Building
at the Fairgrounds



Essentia Health

The 4-Stage Balance Test

Purpose:
To assess static balance

The 4-Stage Balance Test is an assessment of static balance in four different and increasingly challenging positions.

Timed Up & Go (TUG) Test

Purpose:
To assess mobility

The Timed Up & Go Test, also known as the TUG Test, is a simple evaluative test used to measure your functional mobility.



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



Class meets weekly on
Tuesdays from
July 29 to September 16
1:30pm-3:30pm
at The Center
803 Kingwood Street
Brainerd, MN 56401

Class Leaders:
Kara Schaefer
and Norma Hudson

Class Size is Limited!
Registration is
required, but class is
FREE TO ATTEND!
Register online at
crowwingenergized.org/event
or scan the QR Code:



Crow Wing
energized



Essentia Health



GATHER YOUR
SQUAD!



Crow Wing
energized
STEPS
Challenge

**ACTIVATE YOUR INNER HERO:
DEFEND YOUR HEALTH, ONE STEP AT A TIME!**

When it starts:

Tuesday, Sept. 2nd

Register by Aug. 30th!

When it ends:

Monday, Sept. 29th

People Per Team:

Up to 4

*Bring 3 friends OR
we'll match you with
motivated partners!*

Step, stretch & soar toward a healthier you.

In addition to tracking your distance,
there will be other fun challenges offered too!

Weekly Winners + Grand Prize Champions!

Join the Challenge! Scan the QR code or visit
crowwingenergized.bigteamchallenge.com

Download the Big Team Challenge app,
enter 'crowwingenergized'
as the challenge website address.

Then follow the prompts to get registered.



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Lifestyle CHANGE Class Offerings

Learn how to create a healthier lifestyle and prevent diabetes in a 22-session diabetes prevention program. Groups meet with a trained instructor to help participants lose weight, eat healthier and increase physical activity. There are 16 sessions offered over 6 months, and 6 monthly follow-up sessions for the remainder of the year. Each session is one-hour long. The National Diabetes Prevention Program is a community-based, lifestyle change program that offers diabetes prevention education and support for people with pre-diabetes. Pre-diabetes involves blood sugar levels that are higher than normal, but not yet high enough to be diabetes. An individual with pre-diabetes can delay or prevent type 2 diabetes by making simple lifestyle changes. Diet and moderate exercise resulting in a 5-7% weight loss (usually 10-15 pounds) often work to bring blood sugar levels back down to a healthy range. There is no fee for this class (\$429 value).

UPCOMING VIRTUAL CLASS:

TUESDAYS | 8:30-9:30 A.M.

First class is Tuesday, Sept. 9, 2025

Coach: Becky Kalton

Online Class using Zoom

Registration is required, but the class is FREE!

Register online or scan the QR Code:

CrowWingEnergized.org/Event

ADDITIONAL CLASSES:

New classes starting throughout the year and available at varying times throughout the day.

Questions contact Kara Schaefer:

218-454-5901 | Kara.Schaefer@EssentiaHealth.org



Topics for the First 16 Sessions:

- 1 Welcome and Program Introduction
- 2 Get Active to Prevent Type 2
- 3 Track Your Activity
- 4 Eat Well to Prevent Type 2
- 5 Track Your Food
- 6 Get More Active
- 7 Energy In, Energy Out
- 8 Eating to Support Your Health Goals
- 9 Manage Stress
- 10 Eat Well Away From Home
- 11 Manage Triggers
- 12 Stay Active to Prevent Type 2
- 13 Take Charge of Your Thoughts
- 14 Get Back on Track
- 15 Get Support
- 16 Stay Motivated to Prevent Type 2

Weeks 17-22 Topics:

How to Stay on Track While Traveling, Sleep and Many More!

Crow Wing
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Essentia Health



RECOVERY

Walk 2025

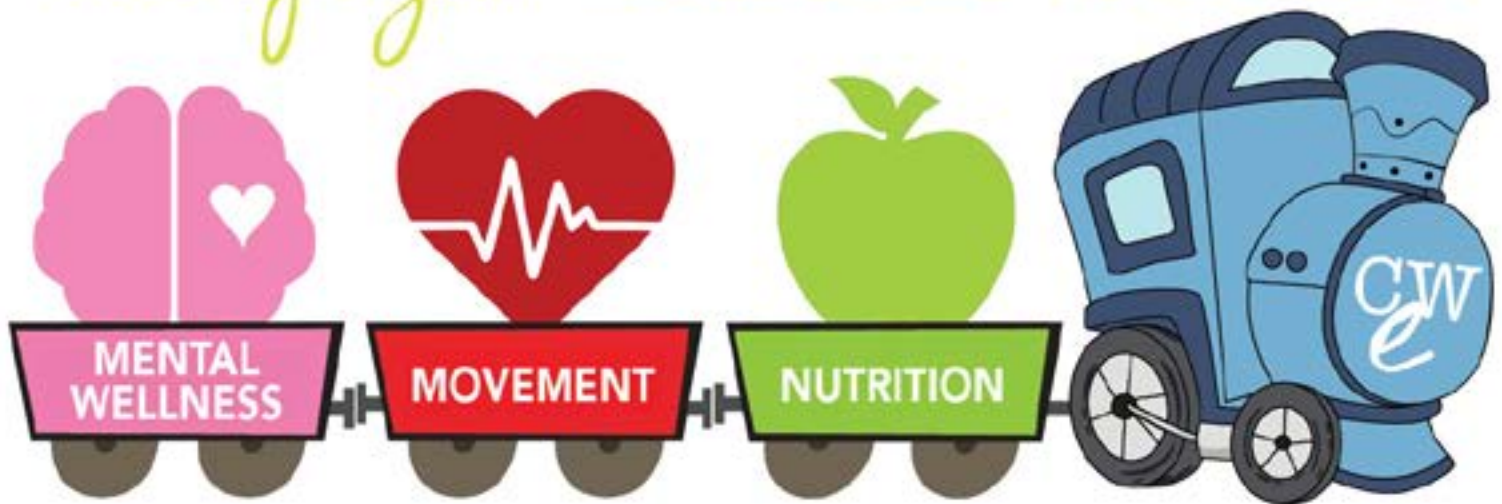
Come enjoy an evening with community resources, food, activities! Don't miss our annual mock-tail bar hosted by Just Juice, Dunk your favorite Law-Enforcement Officer, enjoy Domino's Pizza, beverages donated by Pepsi, Face-painting, Yard-games, and Door prizes! Scan the QR Code for more details.

THURS | SEPT 18, 2025

KIWANIS PARK, BRAINERD | 4:30 - 6:30 PM



Crow Wing *energized* Lunch Tours



All Aboard!

Join one of our FREE Lunch Tours and learn more about:

- Community Health Needs Assessment (CHNA)
- Crow Wing Energized Strategies
 - Make it OK
 - Adverse Childhood Experiences (ACEs)

All while you enjoy lunch!

Next Stop: A Town Near You!

Sept. 30th - Crosslake Lutheran Church

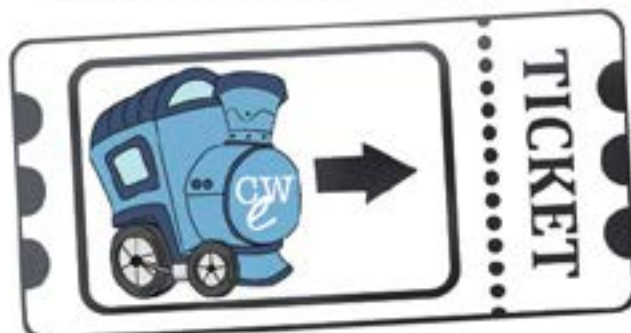
Oct. 3rd - Northland Arboretum

Oct. 7th - Hallett Center, Crosby

Oct. 8th - Nisswa Community Center

Everyone is welcome to attend our FREE sessions!

All sessions will run from 11:30-1:30 and offer the same program
Lunch will be provided - REGISTRATION REQUIRED to reserve a meal



Reserve your seat!

To register scan the QR code or visit
[CrowWingEnergized.org/
events-classes/](http://CrowWingEnergized.org/events-classes/)



Eat, Learn and Get Energized!

LUNCH TOURS CONDUCTED BY:



Essentia Health



Join us to Learn
About Health
Care Directives
and Make a Plan
for your Family

Crow Wing Energized Aging Coalition Presents:

GOT PLANS?



Saturday, Oct. 4 • 9am-12:30pm

at the Brainerd Fire Department
23 Laurel Street, Brainerd

Registration opens July 29 on CrowWingEnergized.org

ADVANCE CARE PLANNING



FUTURE
HEALTH
CARE



SUBSTITUTE
DECISION
MAKER



OBJECTIVE

MEDICAL
TREATMENT



ADVANCE
CARE
DIRECTIVE

STATUTORY
DOCUMENT

