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## FOR IMMEDIATE RELEASE

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### **Tri-County, Lakewood staff take the plunge for Special Olympics Minnesota**

**WADENA, Minn. – March 9, 2018** – Staff members of Tri-County Health Care in Wadena and Lakewood Health System in Staples recently joined forces in a friendly competition to raise money for Special Olympics Minnesota by participating in the Breezy Point Polar Plunge on March 3.

Each individual who commits to taking the plunge is tasked with gathering donation pledges for Special Olympics Minnesota. Nine TCHC plungers raised \$2,250, and 13 Lakewood plungers raised \$2,600. Lakewood managed to take the edge in the fundraising competition, so TCHC donated an additional \$500 to Special Olympics Minnesota, bringing the combined total to \$5,350.

According to the official Polar Plunge website, this event annually challenges thousands of individuals, organizations and businesses across the state to brave frigid waters to raise money for Special Olympics Minnesota. Special Olympics Minnesota allows children and adults with intellectual disabilities to participate in sports training and competitions year-round. All funds raised through the Polar Plunge go toward programming and events involving more than 8,200 Minnesota athletes.

#### **ABOUT TRI-COUNTY HEALTH CARE**

Tri-County Health Care is a private, not-for-profit health care system located in Wadena, Minnesota. It offers care services such as minimally invasive surgery, cancer care, diagnostic imaging, obstetrics and rehabilitation. Tri-County operates a 25-bed hospital and medical clinic in Wadena, as well as six satellite clinics and three physical therapy clinics across Todd, Wadena and Otter Tail counties. Satellite clinic locations include Henning, Bertha, Ottertail, Sebeka, Verndale and Baxter. Visit [TCHC.org](http://TCHC.org).

#### **ABOUT LAKEWOOD HEALTH SYSTEM**

Lakewood Health System (LHS) is an independent rural health care system founded in 1936 with a hospital and clinic in Staples, primary care clinics in Browerville, Eagle Bend, Motley and Pillager, and a dermatology clinic and skin and laser center in Sartell. LHS is a recognized leader in providing innovative, patient-based care including women's specialty services, senior services, surgical and outreach care. This institution is an equal opportunity provider and employer. Lakewood Health System, 49725 County Road 83, Staples, Minnesota. Phone: 218-894-1515. [www.lakewoodhealthsystem.com](http://www.lakewoodhealthsystem.com).

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