
FOR IMMEDIATE RELEASE

Tri-County Health Care to Host Wellebrate on March 14

WADENA, Minn. – Feb. 26, 2020 – Tri-County Health Care invites everyone to attend Wellebrate, an event that combines the fun of Men’s Night Out, Women’s Day Out and February Festival of Health to promote and celebrate wellness in local communities. It will be held on Saturday, March 14 from 9 a.m. to 1 p.m. at M State in Wadena.

This free family event will feature more than 60 health-related and interactive booths by local businesses and organizations. Each booth provides hands-on learning and community health, wellness and safety information for all ages. There will be free water testing, blood pressure checks, vision screenings and blood glucose testing. Entertainment and demonstrations will also take place throughout the day, including Just For Kix dance performances, Tae Kwon Do and self-defense demonstrations by Mid-Minnesota Tae Kwon Do and Master Lolita, face painting, caricatures, chair massages and a free light lunch.

The featured presentation will begin at 11:15 a.m. Carisa Rasmussen, Clean and Lean Founder, will highlight five easy ways to keep families healthy in the kitchen by providing tools, guidelines and tips based on what can be purchased locally and online. She has been a Fox 9 morning show on air contributor for seven years teaching Minnesota her wellness tips. Her focus on creating a winning mindset and leading with laughter has been presented at many local and national events and she was nominated for the Minneapolis-St. Paul Magazine Women in Business award.

There will also be an opportunity to learn about updates on Tri-County Health Care’s new building project. Joel Beiswenger, president and CEO, will be available to answer questions and there will be artist renderings that include the project site, road changes, interior and exterior images and a virtual tour.

Wellebrate is sponsored by Tri-County Health Care, Tri-County Health Care Foundation and M State Wadena. No pre-registration is required. For more information, visit TCHC.org or the Tri-County Health Care Facebook page.

ABOUT TRI-COUNTY HEALTH CARE

Tri-County Health Care is a private, not-for-profit health care system based in Wadena, Minnesota. It offers care services such as primary health, surgery, cancer care, diagnostic imaging, obstetrics, orthopedics and rehabilitation. Tri-County Health Care operates a hospital and medical clinic in Wadena, and serves the counties of Wadena, Todd and Otter Tail through five satellite clinics and two physical therapy clinics in Bertha, Henning, Ottertail, Sebeka and Verndale. Visit TCHC.org.

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