
FOR IMMEDIATE RELEASE

TCHC combines men's and women's events, introduces Wellebrate

Lindsay Whalen, U of M women's basketball coach, is keynote speaker

WADENA, Minn. – Nov. 12, 2018 – In 2019, Tri-County Health Care is revamping two of its major events by combining Men's Night Out and Live Pink (formerly Women's Day Out) into one large community event called Wellebrate. It will be held on Monday, April 29, from 5 to 8 p.m. at Wadena-Deer Creek High School. Lindsay Whalen, University of Minnesota women's basketball head coach, four-time Minnesota Lynx WNBA champion and two-time Olympic gold medalist, will be the keynote speaker.

The purpose of Wellebrate is to promote and celebrate wellness in local communities by providing an evening of entertainment, health education, a light meal and more.

Whalen is a five-time WNBA all-star and was the first player in WNBA history to achieve 5,000-plus points, 2,000-plus assists and 1,500-plus rebounds. During her career as a Minnesota Gopher, she was a three-time Academic All-Big Ten First Team and led the Gophers to the NCAA tournament three straight years, including its first-ever Final Four appearance in 2004. She holds Minnesota career records in points, scoring average, games in double figures, free throws made and free throw percentage. She is the only four-time team MVP in U of M history.

Tri-County believes strongly in the importance of establishing care with a primary care provider and having annual preventive physicals. By doing so, patients form a relationship with a trusted provider and receive a more comprehensive health assessment that could prevent future health concerns or keep current problems from worsening. For these reasons, Tri-County will not offer free lab work at Wellebrate.

More details about Wellebrate will be released closer to the event.

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 five satellite clinics and three physical therapy clinics across Todd, Wadena and Otter Tail counties. Satellite clinic locations include Bertha, Henning, Ottertail, Sebeka and Verndale. Visit TCHC.org.

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