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## FOR IMMEDIATE RELEASE

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### **Wellebrate draws crowd for health education, Lindsay Whalen**

**WADENA, Minn. – April 30, 2019** – Tri-County Health Care hosted its brand-new event Wellebrate on April 29, drawing a crowd of more than 500 people. A combination of Men’s Night Out and Women’s Day Out, Wellebrate was created to promote and celebrate wellness in local communities. Among educational booths and a light meal, it featured presentations by Tri-County president and CEO Joel Beiswenger and orthopedic surgeon Ben Robertson, M.D.

Lindsay Whalen, University of Minnesota women’s basketball head coach and four-time Minnesota Lynx WNBA champion, was the keynote speaker. She detailed her time with the Gophers and their Final Four appearance, her transition to the Lynx and rising as a WNBA all-star, and making the U.S. Olympics team where she brought home two gold medals.

For Whalen, the ability to be a skillful player and knowledgeable coach came partly as a result of treating teammates, coaches and others with respect and a selfless attitude. Then she explained how her dedication to staying fit and following a healthy diet helped her continue playing basketball for so long. After her presentation, she took questions from the audience.

#### **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 primary health, surgery, cancer care, diagnostic imaging, obstetrics, orthopedics and rehabilitation. Tri-County operates a hospital and medical clinic in Wadena, as well as five satellite clinics and two physical therapy clinics across Wadena, Todd and Otter Tail counties. Satellite clinic locations include Bertha, Henning, Ottertail, Sebeka and Verndale. Visit [TCHC.org](http://TCHC.org).

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