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## FOR IMMEDIATE RELEASE

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### Astera Health celebrates first Career Day

**WADENA, Minn. – Mar. 04, 2024** – On Mar. 1, Astera Health kicked off its first Career Day. The health system invited high school students from around the region to visit for a special tour of the facility while learning about potential careers in the medical industry.

Students from Henning, Verndale, Wadena-Deer Creek, Sebeka, Menahga, and New York Mills filled the halls of the Astera Health Campus. The new facility has been open for almost one year. This opportunity gave students the chance to see how a rural hospital operates on a day-to-day basis.

The day started with a panel discussion where students were given an overview of various departments within the organization. 24 department leaders explained the finer points of their role while answering questions. From there, students were taken on a special tour of the building.

Brit-Awn Hess, the talent acquisition specialist for Astera Health, was the main coordinator for the event. She and SourceWell worked together to develop a special career day that got students out of the classroom and into real medical spaces. The purpose was to show students what a healthcare career really means.

"I was excited to share these opportunities with students in our area! There is so much more to the healthcare industry than they think. Students were able to hear stories from our staff, including some from recent graduates. I hope the students left our Career Day feeling empowered to explore all career paths within healthcare and how opportunities at Astera Health can help them reach their goals," explained Hess.

The event brought together roughly 52 students from area high schools. For more information about working at Astera Health, visit [asterahealth.org/careers](https://asterahealth.org/careers).

#### ABOUT ASTERA HEALTH

Astera Health 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. Astera Health operates a hospital and medical clinic in Wadena, and serves the counties of Wadena, Todd and Otter Tail through five



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satellite clinics and two physical therapy clinics in Bertha, Henning, Ottertail, Sebeka and Verndale. Visit [asterahealth.org](http://asterahealth.org).

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