

- Katie Johnson: Good morning and welcome to Apple A Day, Lake Region Healthcare's health and wellness show where we feature news and information you can use to live a healthier life. I'm Katie Johnson, your host, and my guest today is Natalie Knutson. She is our director of wellness and she's here to talk about our monthly series, the Living Well series coming up next week, December 3rd, a self care workshop. Good morning, Natalie.
- Natalie Knutson: Good morning, Katie.
- Katie Johnson: I love this topic. I love our Living Well series anyway and it's always one of my favorite shows when we get to talk about what's coming up for the next month. For listeners that don't know our Living Well series happens the first Tuesday of every month and coming up now next Tuesday on December 3rd we're going to help people get ready for the holidays with kind of an extended special self care workshop at the library. Tell us a little bit more about why this was the theme chosen for this month.
- Natalie Knutson: Sure. Yeah. I think as we just continually evolve and life becomes busier and busier for all of us, there's more and more research that just tells us we need to just slow down and take a second for ourselves. Sometimes it's hard to justify spending a little money on yourself or just taking that little bit of extra time. So these self care workshops are one of my favorite things that we do with the Living Well series. This December one we felt like it was just kind of that key one throughout the year to really ground people a little bit because this holiday with the late Thanksgiving is just going to rush right in.
- Katie Johnson: Yeah. I think you're right. I think the timing is perfect to kind of set the stage for reminding ourselves to take that pause when we get so busy with the holidays. So as we mentioned, it's Tuesday, December 3rd. Extended hours this time. 4:30 to 7:30. In the past we've had a noon session when we've done self care workshops. This time just in the evening.
- Natalie Knutson: Correct. Yep. We just thought, you know what? Let's just focus on one solid timeframe. We can hit a broader audience this way and just do a better job and make that one option more robust.
- Katie Johnson: Awesome. In those three hours from 4:30 to 7:30 lots of great things you have lined up. One of my favorite parts of it is that we're going to have some live acoustic music there.
- Natalie Knutson: Yeah, yeah. I am a music fan so I always just kind of have that playing in the background and feel like some acoustic holiday music will just really set the tone for the event.
- Katie Johnson: Awesome. That's Ty?

Natalie Knutson: Yep. Yep. Ty [inaudible 00:02:40]. Yep. Yep. From Teasing Tomorrow. He goes out and plays some independent events here and there and plays for weddings. So I'm sure a lot of our listeners have heard him, but if you haven't it's well worth a stop.

Katie Johnson: Awesome. With that nice music in the background, it will set the stage for a massage and a zen den. A couple of the things going on.

Natalie Knutson: Yeah. The zen den definitely is pulling some creativity out of all of us to get that together, but just a little cozy spot that you can nestle into while you hang out and enjoy some of the healthy treats and this time we also wanted to make sure it was a family friendly event, so snag your kids from school or daycare and come on over and we'll be making some ornaments and we'll have some gift bags and stuff there. So if you want to wrap them up and do some gifting with your creations, you can do that too.

Katie Johnson: Very cool. Another item that you have planned I think sounds so interesting. It's to help us learn more about essential oils and then also do some make and take things with essential oils too.

Natalie Knutson: Yeah, I think again the research is proving that essential oils are really a great supplement to our healthcare and there's a lot of power packed in those little bottles of oils. So we will have Jamie Nordic and Lisa Nordic there to talk about the essential oils and do a little educating, but then you'll be able to create your own roller balls and hand soaps.

Katie Johnson: Very cool. We mentioned the massage quickly. We should talk a little bit more about who's going to be there doing massage and how people can reserve a time if they'd like to.

Natalie Knutson: Sure. So we're anticipating, because we're cramming this all into one session. It's going to be a little busier. So we will have three massage therapists going throughout the night doing 15 minutes slots. We'll have Molly from Poppy Seed and Danielle from Revive and then Wendy Billy will be there.

They all provide a different style of massage, which is kind of fun. So if you would like to reserve a slot, we'll be having them booked out every 15 minutes. We can take two people per slot throughout the evening.

Katie Johnson: So I could sign up for a 15 minute slot with each one of them and have a 45 minutes massage.

Natalie Knutson: Yes, yes.

Katie Johnson: Only kidding, but no that all sounds fabulous. Again, family friendly event, making some holiday ornaments, making some essential oils, enjoying some snacks. Maybe grab a massage, some quiet time in the zen den. Of course that

live music. It sounds like a perfect time for self care. Anything else you'd like our listeners to know? Do you want people to RSVP for this event like they have in the past or is it a little bit more of an open house style?

Natalie Knutson: Yeah, it's more open house. So if it works, just come on in and show up. We will have some healthy snacks just because it is over the dinner hour, so there will be some things to munch on to kind of get you through your stop and it's at the public library. I don't know if we mentioned that. It's been at the clinic in the past. So again, if you're bringing your kids over, you're going to be at the library. There's plenty of fun things to do to keep them entertained.

Katie Johnson: Right. Yeah, that's a good reminder. We moved to the public library as our space for the series this year and they've been such a great partner and it's such a great space. We're really looking forward to hosting everyone for a grounding self care workshop to kick off the holidays. Next Tuesday, December 3rd from 4:30 to 7:30. Again, no need to RSVP. Stop by anytime during that timeframe, but if you would like to reserve a massage time, where should you call?

Natalie Knutson: You can call our office. 736-8451 or send an email to [wellness@LRHC.org](mailto:wellness@LRHC.org).

Katie Johnson: Perfect. Otherwise, just come ready to enjoy the music, the crafts, the essential oils, the zen den, and of course the live music at the self care workshop. Our Living Well series for December on Tuesday, December 3rd from 4:30 to 7:30 at the Fergus Falls public library. Thanks for joining us, Natalie.

Natalie Knutson: Thanks Katie.

Katie Johnson: Natalie Knutson, director of wellness at Lake Region Healthcare and Katie Johnson on Apple A Day today reminding you there is so much to do here. Stay healthy for it. Have a great day.