

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 I have two guests today, Mick Siems. He's the Director at our Mill Street residence, and Natalie Knutson, our Director of Wellness. They are two key people in helping us plan our Community Health Expo, and that is coming up this Thursday, so we wanted to give folks a preview of what they can expect and invite everyone to come out and join us. We are going to be at M State Fergus Falls campus, and Mick, let's start with you, talking about where people should park and what time they should show up, kind of those basic logistics.

Mick Siems: Sure. Our event starts at 5:00 and it goes until 8:30, but we really encourage people to come out from the very beginning. So come out at 5:00. There's going to be volunteers outside helping with parking. M State has ample parking, so you're not going to be too far away from an entrance, and we'll get you where you need to go.

But where you want to register this year, it's going to be at the Fireplace Lounge. I believe that's what it's called. And that starts at 5:00, but we'll have somebody here for registration throughout the whole event, because I do believe, don't you want to ... when you register, that's what's signing you up for the big prize?

Katie Johnson: Definitely. At the registration table, if you're a participant in our Health and Wellness Challenge, that's where you'll check in and get your name in for the grand prize drawing, but we'll be doing prize drawings throughout the whole entire night, so everyone's going to want to check in, get their name in the prize drawing bucket, and then watch for their name to show up on the board every 15 minutes when we spin the Wheel of Wellness, and give away lots and lots of prizes. So yeah, all of that will happen in the Fireplace Lounge.

Mick Siems: Yeah. A couple different things that we're doing different this year. One is, we're going to have a number of booths available like we have in past years; however, we're doing something ... a version of our own bingo game, where I think we have 16 or 17 booths. All of them actually have some relationship to Lake Region Healthcare, whether it's a service that we provide or a partnership that we are connected with in the community. Places like the YMCA will be here. A number of our departments, the emergency department, our Cancer Care and Research Center.

There's a new program which I'm involved in that I'm looking forward to promoting, rock steady boxing. That's a Parkinson's exercise program that's new, actually starts today. And then we're going to encourage everyone to stop by and get your bingo card checked off so at the end we're going to draw for a winner for a prize on who visited our booths.

In addition to that then, starting at 5:15, we do our educational classes, and every 30 minutes there's going to be a class going on, 5:10 I guess it starts at.

Twelve different programs. I think Natalie's going to talk about that, so I'm not going to steal her thunder. But then a meal, it ends with the keynote speaker at the end, and then drawing for the big prize. Kind of similar to what we've done in the past, but a little bit of a tweak or a change.

Katie Johnson: Yeah, there is a little bit of a different spin to it, to stick with our Wheel of Wellness Challenge, right? And Natalie, Mick mentioned those breakout sessions. The goal there was really to incorporate all of those dimensions of wellness and give people some hands-on opportunities to learn more about how to incorporate healthy practices from all those dimensions. And you've done a great job of lining up a really diverse set of breakout sessions. Give us a little sneak peek about what people can participate in in those sessions.

Natalie Knutson: Sure. Like Mick said, starting at 5:10 ... so basically right after you register, grab some food and head to that first breakout session if there's something there that interests you. And there's anything from decluttering your smartphone to doing a little painting canvas. We have Missy Hexum from Bell Bank doing some financial wellness education. There's three different opportunities to learn more about nutrition and food. There's three opportunities to exercise while you're here, so if you're wanting to be active, dress comfy.

And then there's three other sessions that kind of dig in a little bit more to that emotional and intellectual side, to really uncover somethings that might be barriers to you achieving your goals. And all of these breakout sessions are hands-on. You're going to be participating. You're going to be taking home tools that you can start incorporating into your daily living.

Katie Johnson: Right. You're not just going to be sitting there listening to a lecture. Yeah, get ready to really dig in. One thing that's been offered at our Expo in the past has been some health screenings, and Mick, we should clarify for folks, what kinds of screenings are we offering this year and which ones aren't we that maybe our participants have expected to see in the past?

Mick Siems: Well, we're actually offering two screenings this year, the peripheral arterial disease screening and then a pre-diabetes screening. Both of those will be right here in the Fireplace Lounge. The ones that we're not doing ... just to clarify ... we're not going to be drawing blood this year and checking your cholesterol. We're not going to be doing a vision screening. We're not going to be doing a skin cancer screening. Those are things I think, through Lake Region Healthcare, we are going to try to incorporate in future events, but just not at the Health Expo this year.

Katie Johnson: Right. And the night caps off with a keynote speaker that we're really excited to have coming to town. Natalie, tell us a little bit about what's going to happen to end the night.

Natalie Knutson: Yeah. To kind of leave us with some motivation to go home and just continue this journey, Mark [Lindquist 00:06:15] is going to be with us, just tapping into some easy things, easy guide points, but just really bringing it home and kind of wrapping up everything we've been doing for this 10 weeks we've been together. And then following Mark is going to be our final prize drawing and our new CEO is going to be stepping on stage and introducing himself, and doing that for us.

Katie Johnson: That's right. It'll be a great opportunity for our community to meet Kyle Richards, CEO at Lake Region Healthcare, if they haven't already, and of course, the \$2,000 travel voucher is that grand prize, but gosh, some of the other prizes are almost as good, I think.

Natalie Knutson: It's awesome. Yeah. Brand new paddle board from Lake [Syria 00:07:03] Paddle Sports, the track bike. We've got some other just cash prizes and goodies, and then throughout the whole evening ... as soon as you get here and you get registered, your name is in that drawing for drawings every 15 minutes throughout the entire night. It's going to be a fun-filled evening. I wish I could be a participant and attend all the sessions and check out all the booths, because it's going to be really fun.

Katie Johnson: It is. It is a packed evening, again starting at 5:00 this Thursday, March 15th, at M State, and going all the way up until our keynote speaker will start at about 7:15. We expect him to wrap up around 8:00, and we'll start those grand prize drawings then and be wrapped up by 8:30, but Service Food will have great food for you here, like Mick mentioned, so you'll have some sustenance to make it through the evening and through all of the breakout sessions, the booths, and our speaker.

Mick, Natalie, anything else you want to mention to folks before we wrap up today?

Natalie Knutson: No. We hope to see you on Thursday.

Mick Siems: Yeah, I heard the weather's going to be great, so don't worry about a snowstorm or anything like that. Just come out and enjoy what we have to offer.

Katie Johnson: Exactly. The Community Health Expo. It's the culmination of the Wheel of Wellness, Community Health Challenge, and an opportunity for the entire community to come out and have a free evening of learning about how you can incorporate every component of wellness, from occupational, physical, spiritual, emotional, to nutritional, and everything in between. We have tools and resources we want to share with you for absolutely no charge. Thursday at M State.

If you want more information, log onto our website, [lrhc.org/healthexpo](http://lrhc.org/healthexpo), and the full evening's itinerary and agenda can be found there or give us a call at Lake

Region Healthcare, and we can get that information to you, as well. We look forward to see you Thursday at M State. Mick and Natalie, thanks for all your work on this challenge, and pulling together what I know is going to be a fantastic expo on Thursday.

Natalie Knutson: Thank you, Katie.

Mick Siems: Thank you.

Katie Johnson: Mick Siems and Natalie Knutson, along with Katie Johnson here on Apple a Day. Hoping to see you at M State on Thursday for our Community Health Expo, and reminding you there is so much to do here. Stay healthy for it. Have a great day.