

Lunch and Learn

A time to connect and develop solutions together!

**Mower
Refreshed**
Making healthy choices a priority

Save the Date – Wednesday, Jan. 16, 2019

Wellness@work

Date: Wednesday, Jan. 16

Time: Noon to 1 p.m.

Location: Riverland Community College-Austin Campus, West Building

Room Change RM #A115 | Parking is available in the North parking lot

Learn how simple changes at your workplace can make a big difference in your overall health. Scott Riester, M.D., Ph.D., occupational medicine provider from Mayo Clinic Health System will discuss the importance of having a healthy workplace and how you can be an advocate in your environment to promote health and well-being among your colleagues. Learn about different techniques to help minimize injury and feel good while at work.

Presenter Information:

Dr. Riester specializes in workplace health and safety. Over the past several years, he has worked with organizations to develop strategies aimed at improving total worker health, including interventions to prevent workplace injuries from happening.

REGISTRATION REQUIRED

This event is free and open to the public. One continuing education credit is available for a \$5 fee.

To register call 507-460-1706 or visit the [Community Education website](#)