

Katie: Good morning, and welcome to "Apple a Day," Lake Region Healthcare's health and wellness segment, where we give you news and information you can use to live a healthier lifestyle. Our guest today is going to give us some information specific to that. Natalie Knutson, our Director of Wellness, is with me this morning to talk about our new "Living Well" education series. Good morning, Natalie.

Natalie: Morning, Katie.

Katie: This is exciting. There is a new "Living Well" education series that's kicking off at Lake Region Healthcare this month. Tell me a little bit about the series and why was developed.

Natalie: The "Living Well" series was developed by a committee of people. Sat down and we made a list of some of the gaps that we felt were missing within the community of topics that should be discussed a little bit more in-depth and bring some things to the surface, so we came up with a variety of different things that we'll be covering between September and May of 2017. Each month we'll be bringing those to the surface and we'll be bringing in some speakers, and it's just going to be really cool.

Katie: It is really exciting. We, I think, have witnessed in my time here over the last five years, a real awareness by this community of what it means not only to live a healthy life, but to live a healthy life in many dimensions, not just your physical health. We talk a lot about those seven components of wellness, and this series is really designed to dig into some of those maybe not-so-common topics.

Natalie: Yeah, I think that's definitely a highlight of what we're trying to achieve here, is each component for each topic that we've put together brings in a variety of different things, so our first topic is talking about kids and concussions. Not only is that a physical thing, but that's a mental thing and it affects your spiritual aspects and it can affect your environment around you and could be a financial deterrent, so bringing in all those different components and really exploring the well-rounded approach to some of these different issues is going to be somewhat enlightening to a lot of people.

Katie: Let's talk a little bit about, you mentioned concussions are the topic of this first month, and we'll come back and talk more specifically about that, but what are some of the other topics you have lined up for the year?

Natalie: We do have a couple of different sessions on mental wellness and some different components with that. Activity and nutrition for special populations, so a lot of times people have excuses for why they're not exercising or why they're not eating a certain way, so hopefully we can break down some of the barriers of that. Nutrition on a budget. Dementia versus aging and what the differences are there. Financial health, and then the young onset of chronic diseases. Within that, in December, we're going to actually just celebrate life and try to pull people together and really talk about why we're here and finding a purpose and we're alive, so let's celebrate that.

Katie: There's so much to do here.

Natalie: Stay healthy for it.

Katie: Stay healthy for it, yeah, and celebrating all those things that there are to do around here and be thankful for. As I mentioned, September is our first session and I'd like to talk a little more specifically about the speakers and the topic that we have lined up for that.

Natalie: Our two speakers are going to be Taylor Zetocha and then Dr. Al Magnuson. Taylor has first handedly experienced multiple concussions, so she's going to talk about her experience and where she's at now, and then her parents are also going to be attending with her and giving us a perspective on what they went through when this all happened and where they're at.

To wrap up the presentation, Dr. Al Magnuson is going to talk more on the clinical components of concussions and what actually happens to the brain and what kind of trauma ... what happens and what the prevention and treatments are, and why it's so important to go through those and not to shop around and try to find a position that will just let you go back to the sport.

Katie: Exactly. I think that's one of the things Lake Region Healthcare and that whole sports medicine team, pediatric and family medicine team, have prided themselves on, is being on that concussion prevention, baseline testing, impact testing protocol for a long time since it became at the forefront in high school sports.

Natalie: Yeah, and we're understanding how much more important it is, and concussions are really becoming a hot topic, so this will hopefully be able to answer some questions. There will be time for question-and-answer at the end for either Taylor or Dr. Magnuson, so feel free to bring some ready questions if you've got some.

Katie: We should mention that Taylor is a student athlete, I think a basketball player, who has endured several concussions.

Natalie: Yup. She no longer plays basketball and I believe she has some other struggles that she will talk about, but she's still active and she's still found some different routes, so she'll talk about the mental toll because basketball was her main sport and she was looking at that as being a potential career at some point.

Katie: That sounds like a great program. Let's tell folks about when and where this particular session is going to be held.

Natalie: This session is going to happen on Monday, September 19, from 5:30 to 7pm at the main clinic. We do have an RSVP. If you know that you'll be coming, if you can RSVP to us to 736-8699, or e-mail [livingwell@lrhc](mailto:livingwell@lrhc). If you are not sure what your plans are quite yet for that date and last minute you decide that you want to come, absolutely. Just show up.

Katie: We just want to try to have enough refreshments for everyone. That's the purpose.

Natalie: Yup, just trying to plan for food.

Katie: Upcoming series. It's going to be a regular date and time every month.

Natalie: Yup, the third Monday of every month is what we have planned for the "Living Well" series, so you can look for that, plan for that the third Monday, 5:30 to 7pm.

Katie: Future topics, information, what's the best place to look for that?

Natalie: The best spot to look for that would be [www.lrhc.org](http://www.lrhc.org), and then you can also try to hit us on Facebook. If you see any information about [us 00:07:14], feel free to inbox or connect with us.

Katie: Anything else you want to add about the "Living Well" series that LRH is kicking off this month?

Natalie: I think the biggest thing is, even if you're not impacted by this, being informed and understanding what others are going through with all of these different topics is so important, and sitting in you might not think that you've been affected by some of these topics, but by the end you might realize, "Hmm, maybe I do fit into this a little bit."

Katie: Really, it's free of charge. Every one of these sessions is free of charge, and what a great way to become more informed about all of the health topics that impact our community.

Natalie: Yeah, like Katie said, it is free, and we're so thankful that so many people have stepped up and sponsored these different sessions throughout the community, so this concussion session is actually sponsored by Ringdahl Ambulance, which is great.

Katie: That helps us be able to bring in some speakers, to provide refreshments, and to really make this a community event that's open and free to everyone who's interested.

Natalie: Yup, absolutely.

Katie: All right. Natalie Knutson, our Director of Wellness at Lake Region Healthcare with information about the new "Living Well" education series that will be happening the third Monday of every month September through May focusing on many different components of wellness, and in September on Monday the 19th the topic "Kids and Concussions" with Taylor Zetocha and Dr. Al Magnuson. Natalie, thanks for the information and for all of your work on the series.

Natalie: Thank you, Katie.

Katie: Again, if you'd like to RSVP for that session, e-mail [livingwell@lrhc.org](mailto:livingwell@lrhc.org) or give us a

phone call to the "Living Well" RSVP line, which is 218-736-8699. This is Katie Johnson along with Natalie Knutson reminding you there is so much to do here. Stay healthy for it. Have a great day.