



FOR IMMEDIATE RELEASE

CHI St. Joseph's Health Weight Management Center's Lifestyle Navigator Collaborates with the Park Rapids Century School Afterschool Adventures Program

PARK RAPIDS, MN (September 26, 2016) –Brett Fredrickson, CHI St. Joseph's Health Weight Management Center's Lifestyle Navigator, is an exercise physiologist who loves activity and getting kids moving. He collaborates with the Afterschool Adventures Program at Park Rapids Century School to influence, mentor, and build relationships with the children and their families. He provides support and resources to families about weight management, healthy living, behavioral health, and transportation resources.

The Lifestyle Navigator is at Century School 1-2 times a week, working alongside Tonja Peterson, Century School Adventures Program Coordinator, and her staff. Fredrickson takes over activity time and his presence serves as a link to area health services in an approachable, age-appropriate manner.

This Lifestyle Navigator service is funded by a three-year grant from PrimeWest Health's Community Reinvestment Grant Program. The Community Health Reinvestment Grant Program allows CHI St. Joseph's Health to partner with area healthcare providers including behavior health professionals, organizations, and agencies.

"As healthcare resources continue to shift from taking care of the sick to keeping people well, this grant allows us to create a healthier community and help adults and youth experience better health," says Ben Koppelman, CHI St. Joseph's Health President.

The Lifestyle Navigator provides tailored health goals, encourages increased engagement and accountability, and directs participants to programs specific to their needs. His role at CHI St. Joseph's Health Weight Management Center is among enhanced services made possible through the PrimeWest Health Community Reinvestment Grant Program.

CHI St. Joseph's Health Lifestyle Navigator can assist anyone of any age in creating a healthier lifestyle and accessing programs. Text or call the Lifestyle Navigator at 218.255.7527 and ask your question.



Cutline:

CHI St. Joseph's Health Weight Management Center's Lifestyle Navigator promoting physical activity on the playground with children from the Afterschool Adventures Program.

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About CHI St. Joseph's Health

CHI St. Joseph's Health is a 25-bed critical access hospital serving communities in Hubbard, Becker, Cass and Wadena Counties since 1946. In recent years, CHI St. Joseph's Health's award-winning teams received several national honors including: The Joint Commission Top Performer on Key Quality Measures in surgery; Top 100 Critical Access Hospital, HealthStrong; WomenCertified's America's Best Hospitals Women's Choice Award in obstetrics; and the Studer Group Fire Starter Healthcare Organization of the Month among other national, regional and state recognitions.

About CHI

Catholic Health Initiatives, a nonprofit, faith-based health system formed in 1996 through the consolidation of four Catholic health systems, expresses its mission each day by creating and nurturing healthy communities in the hundreds of sites across the nation where we provide care. The nation's third-largest nonprofit health system, Englewood, Colorado-based CHI operates in 18 states and comprises 103 hospitals, including four academic health centers and major teaching hospitals as well as 30 critical-access facilities; community health-services organizations; accredited nursing colleges; home-health

agencies; living communities; and other facilities and services that span the inpatient and outpatient continuum of care. In fiscal year 2015, CHI provided almost \$970 million in charity care and community benefit - an 8% increase over the previous year -- for programs and services for the poor, free clinics, education and research. Charity care and community benefit totaled more than \$1.6 billion with the inclusion of the unpaid costs of Medicare. The health system, which generated operating revenues of \$15.2 billion in fiscal year 2015, has total assets of approximately \$23 billion. Learn more at www.catholichealthinitiatives.org.

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