

Join us for a Worksite Wellness Networking and Training Event

Vision Health, Ergonomics and Promoting an Active Workday

Improving the health and well-being of your employees can enhance their performance at work. Join us to learn helpful information on vision health, ergonomics, and how to promote a more active workday.

Vision Health

Our eyes are our window to the world. You'll learn the role vision health plays in our overall well-being and how you can maintain your vision health.



Presenter: Dr. Taylor Oie

Originally from Lake Crystal, Dr. Oie is an optometrist at Drs. Akre & Clark Family Eye Care's New Ulm clinic

location. She graduated from University of Northwestern St. Paul with a bachelors in biology and received her Doctor of Optometry degree from Michigan College of Optometry at Ferris State University in Big Rapids, MI, graduating with the highest distinction.

Ergonomics

Ergonomics is designing a job to fit the worker so the work is safer and more efficient. Implementing ergonomic solutions can make employees more comfortable and increase productivity.



Presenter: Briana Sieve, MS, LAT

Brie is an athletic trainer at New Ulm Medical Center. She also works in the Occupational Health Department where she provides injury prevention services at local worksites.



AllinaHealth

NEW ULM
MEDICAL CENTER

Occupational Health and Wellness Services

Heart of
New Ulm
Supporting a culture of wellness

ship
statewide health
improvement partnership
BROWN, NICOLLET, LE SUEUR
& WASECA COUNTIES

AREA CHAMBER
OF COMMERCE