

# Join us for a Worksite Wellness Networking and Training Event

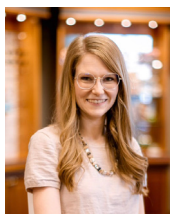
## Vision Health, Ergonomics and Promoting an Active Workday



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.

**Thursday, April 13, 2023**

**Time:** 11:30 a.m. to 1 p.m.

**Location:** Turner Hall, 102 S. State St.

**Lunch:** A limited lunch menu will be available if interested

**RSVP:** Register by April 10 at <https://tinyurl.com/AprilWorksite>

Or RSVP by April 10 to [Jennifer.Maurer@allina.com](mailto:Jennifer.Maurer@allina.com)

### 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.

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