

FOR IMMEDIATE RELEASE

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Braaten Named Local Representative of Foundation for Wellness Education

Local chiropractor, Dr. Jill Braaten, Imagine Chiropractic, has been named an official local representative for the Foundation of Wellness Education for the community of Saint Cloud. The Foundation for Wellness Education (FWE) is a non-profit organization dedicated to educating the public about health and wellness issues. Through educational initiatives they provide wellness information to local communities by offering a variety of free programs to local civic groups and organizations, clubs, churches, businesses, and schools. The programs are delivered through a national network of volunteer doctors who lend their expertise to teach timely health related topics such as family wellness, children's health, ADHD, ear infections, women's health issues, prenatal care, nutrition, stress management, workplace safety and various other health, safety and wellness topics.

Since the FWE's inception they have educated thousands of individuals nationwide about the amazing benefits of living a healthier lifestyle. "I'm thrilled to be a part of this volunteer network," said Dr. Braaten. "Health impacts every aspect of a person's life and spills over into the family, the workplace, and the community. Of course everyone wants good health but most people do not fully understand what wellness means, or how to go about achieving it. As part of the Foundation I'm looking forward to teaching simple and practical strategies everyone can use to live with more wellness."

In their work across the country the FWE has found the topic of *workplace wellness* to be of special interest to businesses of all sizes. As the economy and health care continue to be at the forefront of concerns faced by Americans, many employers have come to realize the bottom-line impact of fostering wellness within their workforces. Employers have been able to utilize the free programs provided by the FWE to contain health care costs, curb absenteeism and boost productivity, all essential in a competitive business world and difficult economic times. Local volunteer doctors view the work they do with local businesses an important way they can support the economy in their communities.

The workplace wellness programs provided by the FWE include topics such as ergonomics and workplace safety, as well as condition specific workshops on subjects like Carpal Tunnel Syndrome, back injuries and more. In addition the local volunteers offer a variety of options for employee wellness screenings and health fairs. The FWE can easily dovetail their initiative to fit with any company's objectives, regardless of the size or complexity of their workplace wellness program.

Dr. Jill Braaten is a licensed Doctor of Chiropractic. She is a graduate of Northwestern College of Chiropractic, Bloomington, MN. Her practice, Imagine Chiropractic was established in 2008 on the principle that we are healthy by choice, not by chance and overall health is a product of our individual family choices. Dr. Jill Braaten is a Saint Cloud resident and actively involved in the community.

For more information about Dr. Jill Braaten and the Foundation for Wellness Education, contact Dr. Jill Braaten directly by phone at 320-240-6561 or by email at drjill@imaginechiro.com. Additional information is also available via the Foundation for Wellness Education website at www.FoundationForWellnessEducation.org