



How to be Healthy & Happy in Retirement

Kris Bruhn, RN, MA

**Cargill Office Center – Auditorium B
Wednesday, February 21, 2018 (10:00-11:30)**

After a long career we would all like to retire healthy and happy! From BCBS we are excited to hear from Kris Bruhn, RN, MA. She will discuss key components for a healthy and happy life post retirement. Included will be a focus on diet, exercise and socializing, as well as balance and fall prevention tips. Also included will be a review of medical check-ups and vaccinations you should consider.

- **Health Promotion**

Key components for a healthy life

- **Balance Issues / Falling**

Causes, treatment, prevention

- **Preventive Care**

Check-ups and vaccinations

Kris Bruhn, RN, MA is a Clinical Account Manager for Blue Cross Blue Shield of Minnesota.

Mark your calendar for Wednesday, February 21, 2018 and contact the CCA-TC office at 952-742-6188 or e-mail CargillCaresAlumni@cargill.com by Wednesday, February 14, 2018 to reserve a seat.

Note: Following the meeting the Cargill Store will be available to all Alumni to visit and make purchases. The Cargill Store sells products produced by Cargill BUs and includes many meats, Wilbur Chocolates and Truvia. Cargill policy does require that visitors are escorted while in the building, so plan to leave the store as a group with your CCA board escort.

Note: Over 2,000 Cargill employees are now located at the Office Center so the parking ramp is very full. Please arrive in plenty of time to find a parking spot and get to the meeting area on time.