



FOR IMMEDIATE RELEASE

CHI St. Joseph's brings Survivor finalist to area event so everyone can outwit, outlast, and outplay bullying

PARK RAPIDS, MN (April 6, 2015) – CHI St. Joseph's Health will host a free motivational presentation featuring Holly Hoffman, *Survivor* finalist, speaker and author. Hear Hoffman's winning message, inspirational words, ways, tools, and energy on how to rise above bullying.

Families and the public are invited to the event to be held at 7 p.m. Tuesday, April 28 at the Park Rapids Area High School Auditorium. Learn more about ways we can all reduce bullying and its impact in our community.

CHI St. Joseph's Health Community Health continues to be a leader in its violence prevention outreach efforts, made possible by Catholic Health Initiatives (CHI) Mission and Ministry violence prevention grants since 2010. Through these efforts, the community has been engaged in the primary prevention of relational aggression including the prevention of bullying in school-aged children.

"Research shows that children who are routinely teased, bullied, or harassed are at increased risk for social isolation, depression, school failure and other acts of violence," RaeAnn Mayer, Community Health manager says. "Using the "Spectrum of Prevention" tool, this community education program is one piece in a comprehensive plan to reduce violence in our community."

Area schools will be sharing bullying prevention curriculum with their students and having Hoffman speak with them. Hoffman will speak to student's grades 7-12 on April 27 at 1:30 p.m. at Menahga Public School and on April 28 at 9:30 a.m. at Park Rapids Century Middle School and 2 p.m. at Park Rapids Area High School.

Hoffman acknowledges that life brings challenges and many of us are faced with situations that seem insurmountable. Her message is that we all have the ability to focus our thoughts, emotions and energy to succeed if given the knowledge, tools and discipline to do so.

After the presentation, Hoffman will be available to sign her book, *Your Winner Within*. A portion of the proceeds will be donated back to Community Health's violence prevention efforts.

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Holly Hoffman, Survivor finalist

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 took 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 and state recognitions.

About CHI

Catholic Health Initiatives, one of the nation's largest health systems, was formed in 1996 to strengthen the Catholic health ministry for the future. With deep roots in the tradition of expressing Christ's love by caring for those in need, Catholic Health Initiatives serves more than four million people each year through acute care hospitals; long-term care, assisted and residential-living facilities; community-based health services; home care; research and development; and reference laboratory services.

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