



MARCH 11, 2015 / TIPS

REGIONS HOSPITAL FOCUSES ON EMPLOYEE WELLNESS WITH NEW FACILITY



Meditation, yoga, even massages: it might sound like spa treatment, but it's all part of the job at Regions Hospital in St. Paul.

"We firmly believe that you can't give to others what you don't give to yourself," said Brooke Campbell, the wellbeing health coach and coordinator at Regions Hospital.

The hospital is making a big push for its employees' wellbeing. It just opened a "Center for Employee Resilience" and is constructing a new fitness center. All classes and activities are designed to fit into a busy work day. Classes are all about 15

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minutes, and most of them are free.

“We’re really trying to encourage people to take five minutes for yourself, to pause, to take a breath,” Campbell said. “If you do, you’re going to be that much better for your patients, for your co-workers and for your community.”

Regions is one of the first hospitals in the state to have programs and facilities like this for employees only.

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