



## *May 2018*

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### **National Police Week is May 13th - May 19, 2018**

National Police Week pays special recognition to law enforcement officers who have lost their lives in the line of duty for the safety and protection of others. HOHRC recognizes and honors our law enforcement communities and those who have made the ultimate sacrifice while protecting and serving.

### ***Spring Into Wellness***

Did you know that Hands of Hope Resource Center is currently in our second year of a wellness initiative for our Staff and Volunteers? We believe self-care and wellness is an important part of the work that we do as advocates. Our initiative encourages people to improve their mental and physical health through positive lifestyle changes. These changes include such things as drinking more water, exercising, and getting enough sleep. Staff and volunteers are encouraged to practice wellness both during and outside of work. Our goal is to be healthy together!






## *Prevention Matters*

Most of the work that we do on a daily basis is intervention based rather than prevention. People seek us out for help and support after a crime has been committed against them. We have a mission, and a current grant, to help prevent criminal victimization. It allows us to go into schools and other agencies to talk about ways that people can keep themselves from becoming victims. If you would like a speaker to come into

your workplace, school, or to a specific group, contact Pam Solem, our violence prevention coordinator at 320-732-2319.

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