

Welcome!

Healthy County La Crosse Annual Health Summit



Celebrating 2012 Accomplishments!



Printing of 2nd Annual Dining Guide

Onalaska	Phone	Entrée Sharing	Lighter Fare	Local Ing.	Small Lunch	Kids Menu	Fruit/Veggies	500 Club
Applebee's								
9364 State Road 16, Onalaska, WI 54650	608.781.8570	*	*	*	*	*	*	*
Blue Moon, 716 2nd Ave N, Onalaska, WI 54650	608.781.6800	*	*	*	*	*	*	*
Brice Prairie Pub & Eatery								
N5914 County Highway Zz Onalaska, WI 54650	608.781.4141	*	*	*	*	*	*	*
Buffalo Wild Wings								
3132 Market Place, Onalaska, WI 54650	608.781.9453	*	*	*	*	*	*	*
Burger King								
1259 Crossing Meadows Dr, Onalaska, WI 54650	608.781.6101	*	*	*	*	*	*	*
Burrachos								
9432 State Road 16 # 100A, Onalaska, WI 54650	608.781.5900	*	*	*	*	*	*	*
Carlos O'Kelly's								
9396 State Road 16, Onalaska, WI 54650	608.783.1782	*	*	*	*	*	*	*
Cedar Creek								
2600 Cedar Creek Ln, Onalaska, WI 54650	608.783.8100	*	*	*	*	*	*	*
China Inn								
9348 State Road 16 Ste 110, Onalaska, WI 54650	608.783.2323	*	*	*	*	*	*	*
Clatt's, 9348 State Road 16, Onalaska, WI 54650	608.781.8686	*	*	*	*	*	*	*
Cousins Subs								
1220 Crossing Meadows Dr # 110, Onalaska, WI 54650	608.783.5555	*	*	*	*	*	*	*
Culver's, 9422 State Road 16, Onalaska, WI 54650	608.781.6777	*	*	*	*	*	*	*
Dairy Queen, 810 2nd Ave, Onalaska, WI 54650	608.783.7733	*	*	*	*	*	*	*
Emma's Diner								
N5610 County Road Ot, Onalaska, WI 54650	608.781.4925	*	*	*	*	*	*	*
Fazio's, 9370 State Road 16, Onalaska, WI 54650	608.781.5818	*	*	*	*	*	*	*
Lindys Subs, 304 Sand Lake Rd, Onalaska, WI 54650	608.783.7827	*	*	*	*	*	*	*
Manny's Mexican Cocina								
301 Hampton Ct, Onalaska, WI 54650	608.781.5601	*	*	*	*	*	*	*
McDonald's, 9398 State Road 16, Onalaska, WI 54650	608.783.7274	*	*	*	*	*	*	*
Olive Garden								
9413 State Road 16, Onalaska, WI 54650	608.783.0090	*	*	*	*	*	*	*
Outback Steakhouse								
311 Hampton Ct, Onalaska, WI 54650	608.781.4329	*	*	*	*	*	*	*
Panera Bread								
1230 Crossing Meadows Dr, Onalaska, WI 54650	608.781.9801	*	*	*	*	*	*	*
Maggie's Restaurant								
205 Main Street Onalaska, WI 54650	608.519.2200	*	*	*	*	*	*	*
Quiznos, 2928 Market Pl, Onalaska, WI 54650	608.783.2703	*	*	*	*	*	*	*
Red Pines Bar/Grill								
W7305 County Road Z, Onalaska, WI 54650	608.779.2800	*	*	*	*	*	*	*
Rocky Roco's								
1239 Crossing Meadows Dr, Onalaska, WI 54650	608.783.0300	*	*	*	*	*	*	*
Seven Bridges, 910 2nd Ave N, Onalaska, WI 54650	608.783.6103	*	*	*	*	*	*	*
Subway, 9360 US Highway 16, Onalaska, WI 54650	608.781.7827	*	*	*	*	*	*	*
Subway								
3107 Market Place Wal-Mart #1679, Onalaska, WI 54650	608.781.9006	*	*	*	*	*	*	*
Taco Bell								
1243 Crossing Meadows Dr, Onalaska, WI 54650	608.783.3337	*	*	*	*	*	*	*
Tequilas, 425 2nd Ave S, Onalaska, WI 54650	608.783.1750	*	*	*	*	*	*	*
TGI Fridays, 9416 Highway 16, Onalaska, WI 54650	608.779.1545	*	*	*	*	*	*	*
Wendy's, 9346 State Road 16, Onalaska, WI 54650	608.781.5560	*	*	*	*	*	*	*

West Salem	Phone	Entrée Sharing	Lighter Fare	Local Ing.	Small Lunch	Kids Menu	Fruit/Veggies	500 Club
Breakers								
153 Leonard Street South, West Salem, WI 54669	608.786.9999	*	*	*	*	*	*	*
Coney Island, 83 Buol Rd, West Salem, WI 54669	608.786.0762	*	*	*	*	*	*	*
Features Sports Bar & Grill								
1425 W City Hwy 16, West Salem, WI 54669	608.786.4045	*	*	*	*	*	*	*
Lindas Cafe								
W4007 County Highway O, West Salem, WI 54669	608.786.0571	*	*	*	*	*	*	*
Maple Grove								
W4142 County Road B, West Salem, WI 54669	608.786.1500	*	*	*	*	*	*	*
Quiznos, 83 Buol Rd, West Salem, WI 54669	608.786.2703	*	*	*	*	*	*	*
Subway, 420 Commerce St, West Salem, WI 54669	608.786.2225	*	*	*	*	*	*	*
Pizza Villa, 156 Leonard St S, West Salem, WI 54669	608.786.2515	*	*	*	*	*	*	*
Top Dawgs Pub & Grub								
N8292 State Road 108, Mindoro WI 54644	608.857.3077	*	*	*	*	*	*	*
Village Inn								
1601 Bangor St, Bangor WI 54614	608.486.2741	*	*	*	*	*	*	*
Westview Inn								
174 Leonard St S, West Salem, WI 54669	608.786.1336	*	*	*	*	*	*	*
West Salem Family Restaurant								
341 Jefferson St E, West Salem, WI 54669	608.786.2092	*	*	*	*	*	*	*

Holmen	Phone	Entrée Sharing	Lighter Fare	Local Ing.	Small Lunch	Kids Menu	Fruit/Veggies	500 Club
Blue Cup Coffee House								
500 N Holmen Dr # 510, Holmen, WI 54636	608.399.2494	*	*	*	*	*	*	*
Black Oak Grill & Saloon								
N9404 Hwy V, Holmen, WI 54636	608.857.3012	*	*	*	*	*	*	*
Burger King								
1540 S Holmen Dr, Holmen, WI 54636	608.526.2510	*	*	*	*	*	*	*
Features, 504 N Holmen Dr, Holmen, WI 54636	608.526.3600	*	*	*	*	*	*	*
Drugans Castle Mound								
W7665 Sylvester Road, Holmen, WI 54636	608.526.4144	*	*	*	*	*	*	*
Jacqsons, 512 S Main St, Holmen, WI 54636	608.526.9698	*	*	*	*	*	*	*
McDonald's, 3924 Circle Dr, Holmen, WI 54636	608.781.2588	*	*	*	*	*	*	*
Subway, 3920 Circle Dr, Holmen, WI 54636	608.783.1444	*	*	*	*	*	*	*
Subway, 618 N Holmen Dr, Holmen, WI 54636	608.526.2610	*	*	*	*	*	*	*
T-Jos Pizzeria & Sandwich								
105 State Street, Holmen, WI 54636	608.526.2244	*	*	*	*	*	*	*

Entrée Sharing: Entrée sharing at no extra cost.
Lighter Fare: Half or smaller portions of entrees available at a lower cost.
Local Ingredients: Use locally grown ingredients.
Small Lunch: Smaller portion lunch menu available.
Kids Menu: Adults allowed to order off the kids menu.

Fruit/Vegetables: Fruit and vegetables can be substituted in place of higher fat side orders.
500 Club: Gundersen Lutherans 500 club is a healthy eating program created and coordinated by registered dietitians. The green to go lean "stamp of approval" means the selection contains approximately 500 calories or less and is controlled in fat.





An education program for family members,
partners and friends of someone living with a
mental illness

Mental Health Coalition
Graduated 18 students

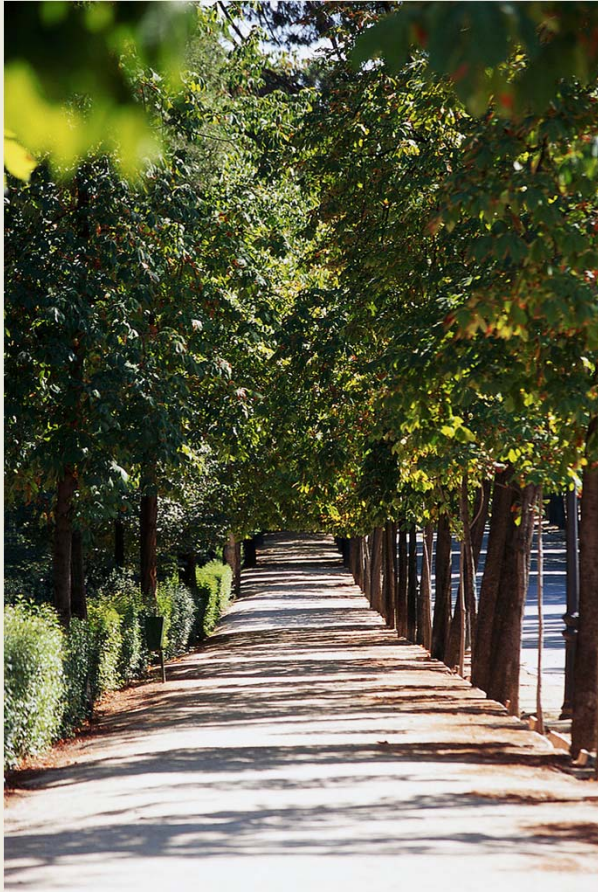
Oktoberfest Parade Family Zone (Alcohol Free)





360 Real Estate is making 3 rental properties smoke-free June 2013

Published: The Burden of Mental Illness Report



Documents the impact
mental health has had on
our region related to
costs, challenges and
opportunities.



BOYS & GIRLS CLUBS
OF GREATER LA CROSSE

Completed Program:

Smart Girls – 51

Jr. Smart Girls – 139

Wize Guyz – 76

Jr. Wize Guyz – 154

Well Workplace Assessment



36 businesses were awarded with

Gold, Silver or Bronze
recognition

Represents over **30,000 employees!**

QPR Training

Question, Persuade and Refer (QPR) –
training for emergency mental health
intervention for suicidal persons

24 Individuals Trained

60 Bike Racks Installed



Gundersen Lutheran Opened New Inpatient Psych Building



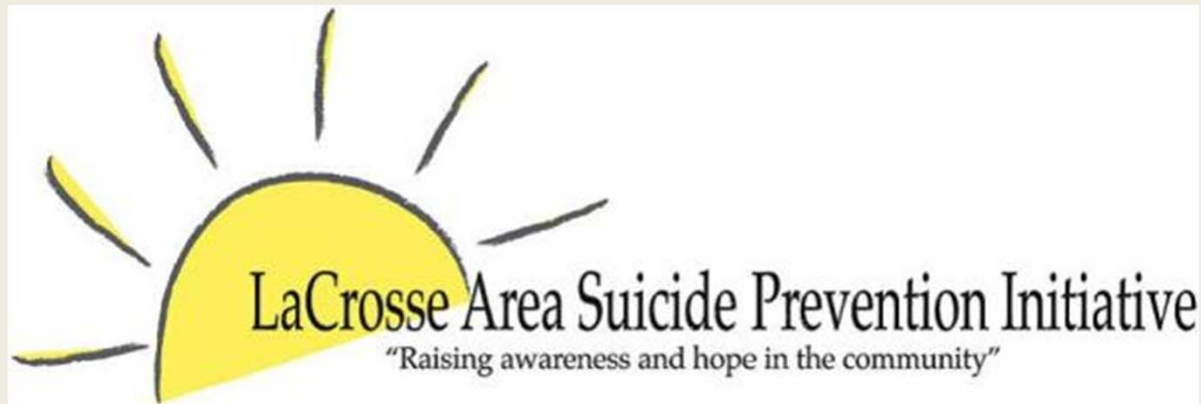
Falls Prevention Coalition

Debuted New Website:
Prevention
Home and Safety
Medication
Vision



Suicide Prevention Summit

Over **250 participants** further
educating themselves on
preventing suicide





All 5 school districts participate

15,500

healthy food samples provided to kids

Shining Star Award

Mental Health
Coalition
recognized:

Vince Hatt





2012 – 87 Restaurants

2011 – 53 Restaurants

2010 – 29 Restaurants

Crisis Intervention Training Awarded to Outstanding Officers



Robert Wieczorek
La Crosse Police Department



Sergeant Mike Valencia
La Crosse County Sheriff's Department



2012 – 13 schools

2010 – 3 schools



6th Annual
**Minutes in
Motion**
Coulee Region Activity Challenge

Do it Your Way!

March 26-May 6, 2012

3,887 People

5,764,000 Minutes



An education program for parents and
other caregivers of children and
adolescents living with mental illnesses

**Mental Health Coalition
Graduated 12 students**

“Through with Chew”



- Downtown bike parking increased from 219 to 321 spots
- 64 "Share the Road" signs installed





2012 – 500+ Participants

June 2011 – 97 Participants

City of La Crosse Adopted a Bicycle and Pedestrian Master Plan





5,000 +
Materials Distributed
During Spring

U.S. Fish & Wildlife Service

News Release

*National Wildlife
Refuge System*



Upper Mississippi River National Wildlife and Fish Refuge

Additional Trails to Be Constructed at New Refuge Visitor Center

New walking trails will soon be available at the recently opened Upper Mississippi River National Wildlife and Fish Refuge Visitor Center on Brice Prairie. Trail construction is scheduled to begin the week of October 29, 2012.



INDEPENDENT

LIVING RESOURCES

For Persons With Disabilities in Western Wisconsin

Trained Peer Specialists

2012 – 14

2011 – 12

2010 - 10

Chef Thomas Bean Challenge



AMOS

Hosted community conversation on
"Mental Illness and You"

125 Participants

“Above the Influence” Concert



The Coulee Region
Immunization Coalition
invites you to the

2012
**Immunization
Symposium**

Wednesday
October 10, 2012
5:30 - 8:30 PM

The Waterfront
Restaurant and Tavern
Cargill Room
328 Front Street S.
La Crosse, WI 54601

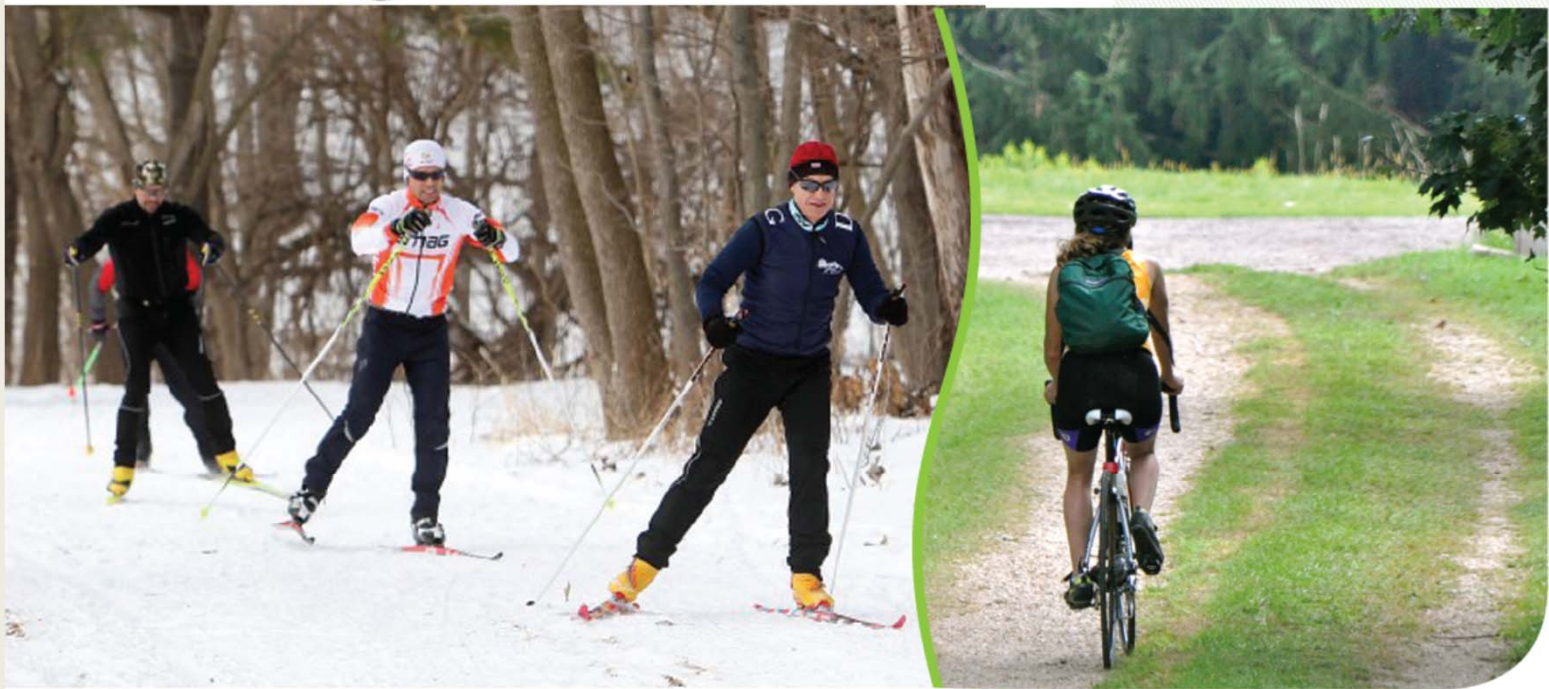
118
**Healthcare
Workers**

7 Rivers Region
Outdoor Recreation Alliance
Nature's Place to Play

In Partnership With:



OUTDOOR
RECREATION
DESTINATION
SUMMIT



OCTOBER 25, 2012
1PM TO 5:30 PM

We have a vision ...

...to make this region an outdoor recreation destination for those working or just playing in our authentic terrain.