

## Memorial Health Center Occupational Health welcomes new coordinator



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(Medford) Memorial Health Center, an Aspirus Partner, recently named **Carmen Quednow, DC**, its Occupational Health & Wellness Coordinator. In this role, Quednow is responsible for coordinating, developing, and implementing occupational health and wellness programs in the communities Memorial Health Center serves. As Memorial Health Center's Occupational Health & Wellness Coordinator, Quednow works with employees, businesses, and the community to increase awareness of health, wellness, and prevention issues. **Among** her duties are to assist area employers with their employee health programs. **This** includes arranging health fairs, screenings and vaccinations, employee safety training and wellness education. She also helps businesses coordinate drug testing, medical evaluations, and physicals of their employees. Quednow earned a Bachelor's degree in Pre-Chiropractic care from the University of Wisconsin – Eau Claire and a Doctorate of Chiropractic Medicine from Northwestern College of Chiropractic in Bloomington, MN.

In the medical field since 1994, Quednow has a passion for the health and wellness of the community. Her special interests include wellness through prevention, nutrition and family practice health care. She is currently working toward a diploma in Chiropractic Occupational Health. Quednow is a CPR/AED/First Aid and BBP Instructor and holds certifications as an Emergency Medical Responder and **in DOT Drug Testing/Alcohol Screening and DOT Physical Exams**. She is also a member of the Wisconsin Chiropractic Association and **American** Chiropractic Association.

Loving the outdoors, Quednow enjoys running, biking, skiing, spending time at the beach, meeting new people and being with her husband and children.

# This could be you !!!!!!!