

# GET INVOLVED

*Things you can do to make a difference*

## 1. Contact your representatives!



**Calling is the most effective way to get your point across.**

- Be polite and concise
- Mention a specific bill or issue
- Mention that you are a constituent!
- If you can't get through via phone, email is the next best option
- Don't forget about your local representatives, a lot of change happens on the local level!

**Minnesota Senators:**



**Amy Klobuchar**  
Phone: (202) 224 – 3244



**Al Franken**  
Phone: (202) 224 – 5641

**[whoaremyrepresentatives.org](http://whoaremyrepresentatives.org) to find who represents you!**

## 2. Engage with the community!



**Opportunities in Northfield and Faribault:**

- **Greenvale Park Community School:** homework help and childcare support
- **HealthFinders Collaborative:** be an interpreter, receptionist, student intern
- **Northfield Hospital:** greet families, deliver flowers
- Visit the CCCE's website or office for more opportunities!

**Opportunities in the Twin Cities:**

- **Face to Face and SafeZone (St. Paul):** assist with child care, teach computer skills, teach resume-writing skills
- **Planned Parenthood:** be a patient escort, assist with special projects

## 3. Intern or work in public health!



**Master of Public Health:**

- Biostatistics, Environmental Health Science, Epidemiology, Health Services Administration... and more!

**Internships:**

- **DKT International:** reproductive health through social marketing
- **APHA:** global health, injury and violence, policy