

★ AGENDA ★

CME (MMA/AMA) 6 Credits

ARRIVAL

7:30 – 8:30 am. Registration & Vendor Visit - Lobby · check-in, coffee, vendor tables

MORNING · MAIN THEATER

8:30 – 8:45 am Welcome Attendees
Christa Rymal, RN, — Founder & Board Chair, WeCare Nonprofit Foundation

8:45 – 9:45 am Breath as Medicine: Unlocking Inner Resilience
Laurie Ellis-Young — Author of Breath is Life & Co-Founder of BreathLogic

9:45 – 10:15 am Move Mindfully for Your Nervous System
Kathy Flaminio & Chrissy Mignonga — Co-Founders of MoveMindfully

10:15 – 10:45 am Break & Vendor Time

10:45 – 11:00 am Indigenous Drumming

11:00 – 11:45 am Food is Medicine
Sean Sherman — Founder of NATIFS & Indigena by Owamni Restaurant

11:45 am – 12:00 pm Q&A with Sean Sherman

12:00 – 1:00 pm Lunch & Vendor Time

BREAKOUTS · CHOOSE ONE SESSION: 1 – 2PM

Six concurrent experiences across the building — pick what your nervous system needs today.

1. Financial Health & Wellbeing for Healthcare Professionals

Ari Conroy
Associated Healthcare Credit Union

2. Sound Bowls

Floating Soundbath Minneapolis
Stress Reduction & Nervous-
System Regulation
BEGINS 12:45 PM

3. Haiku — Creative Play & Storytelling

Caley Vickerman
Founder: Guerilla Haiku Movement
BEGINS 12:45 PM

4. Healing the Healers Meditation

Dr. Brian Meyer & Angharad Picton
Meditation & Energy Practices to
Release Heaviness

5. Medicinal Plant Walk

Luke & Linda Black Elk

6. Healing Yoga for Healthcare Professionals

Heidi Zimmer
Certified Yoga Instructor, Founder &
Owner of Wild Rice Retreat Center

AFTERNOON · MAIN THEATER

2:15 – 3:15 pm Mental Health Panel: Are You Ok?
Kathy Flaminio · Chrissy Mignogna · Keith Terhaar · Mindy Haukedahl · Dr. Lardizabal,
Dr. Woodland-Leine · Heidi Titze · Angie Finn

3:15 – 4:15 pm What's Behind a Healthcare Professional's Mask
Dr. Corey Martin - Founder of Innovations in Resilience

4:15 – 4:45 pm Nurse Alex Pretti Scholarship Winners Announced and Closing Remarks
Christa Rymal — Founder, WeCare Nonprofit Foundation