

★ AGENDA ★

CME (MMA/AMA) 6 Credits

ARRIVAL

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

MORNING · MAIN THEATER

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| 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 | movemindfully: Moving Back to Balance?
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 - BEGINS 12:45 PM

Floating Soundbath Minneapolis
Stress Reduction & Nervous-
System Regulation

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

7. Heat for Healing: Sauna as a Tool for Healthcare Resilience

Dr Jeremiah Eisenschenk & Justin
Juntunen, Founder of Cedar + Stone

6. Healing Yoga for Healthcare Professionals

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

AFTERNOON · MAIN THEATER

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|----------------|---|
| 2:15 – 3:15 pm | Mental Health Panel: Are You Ok?
Kathy Flaminio , MSW, LGSW, Founder/CEO movemindfully® · Chrissy Mignogna , Author, Lead
Trainer & Director of Education, movemindfully® · Keith Terhaar , Marriage & Family Therapist,
Certified Life Coach · Mindy Haukedahl , Neuropsychotherapist/Marriage & Family Therapist · Dr.
Lardizabal , System Medical Director for Provider Well Being, DFAPA Distinguished Fellow of the
American Psychiatric Association · Dr. Woodland-Leine , PsyD LP · Heidi Titze , Medical Director &
Psychiatric Nurse Practitioner · Angela Finn , Certified Nurse Practitioner |
| 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 |