

★ AGENDA ★

The Minnesota Medical Association designates this live activity for a maximum of 6 AMA PRA Category 1 Credit(s)™. 5.5 CEUs Available, Board Approvals: MN 90939, SD Pending & NCBAHM Pending

ARRIVAL

7:30 – 8:30 am

Registration & Vendor Visit · 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

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: Reimagining Healthcare Through Indigenous Foodways

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 – 2 PM

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

1. Financial Wellbeing in Healthcare

Ari Conroy

Associated Healthcare Credit Union

Seats: 100

4. Healing the Healers Meditation

Dr. Brian Meyer & Angharad Picton

Meditation & Energy Practices to

Release Heaviness

Seats: 30

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

Dr Jeremiah Eisenschenk

Seats: 25

2. The Neurobiology of Stress Recovery with Sound

Bruce Williams: Floating Soundbath Mpls

Seats: 300

BEGINS 12:45 PM

5. Clinical Perspectives on Indigenous Ethnobotany: A Guided Field Study

Linda Black Elk

Seats: 35

8. Understanding Professional Intuition to Strengthen Awareness, Wellbeing, and Patient Care

Brian James

Founder of Soul Strategy

Seats: 15

3. Guerilla Haiku: Reflecting & Connecting

Caley Vickerman

Founder of Guerilla Haiku Movement

Seats: 60

BEGINS 12:45 PM

6. Healing Yoga for Healthcare Professionals

Heidi Zimmer

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

Seats: 60

AFTERNOON · MAIN THEATER

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® · 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 – 3:30 pm

Nurse Alex Pretti Scholarship Winners Announced and Closing Remarks

Christa Rymal — Founder, WeCare Nonprofit Foundation

3:30 – 4:45 pm

What's Behind a Healthcare Professional's Mask

Dr. Corey Martin - Founder of Innovations in Resilience