



WECARE CONFERENCES

Caring for our healthcare professionals who care for us.

INITIAL OUTLINE
SUBJECT TO CHANGE

The 2026 WeCare Conference

*A day of restoration, community, and continuing
education
for the healthcare workforce.*

- ◆ DATE
Thursday, September 10, 2026
- ◆ HOURS
8:00 a.m. – 5:00 p.m.
- ◆ VENUE
Guthrie Theater · Minneapolis
- ◆ CME (MMA / AMA)
6 credits, +12 wellbeing CMEs optional

ARRIVAL

7:30 – 8:30 a.m. Registration & Vendor Visit
Lobby · coffee, check-in, sponsor tables

MORNING · MAIN THEATER

8:30 – 8:45 a.m. Welcome
Christa Rymal, RN, MSN — *Founder, WeCare Nonprofit Foundation*

8:45 – 9:45 a.m. What's Behind a Healthcare Professional's Mask
Dr. Corey Martin — *Keynote*

9:45 – 10:15 a.m. Move Mindfully for Your Nervous System
Kathy & Chrissy — *MoveMindfully*

10:15 – 10:45 a.m. Break & Vendor Time

10:45 – 11:00 a.m. Indigenous Drumming

11:00 – 11:45 a.m. Food is Medicine
Sean Sherman — *Founder of NATIFS & Owamni*

11:45 – 12:00 p.m. Q&A with Sean Sherman

12:00 – 1:00 p.m. Lunch & Vendor Time

BREAKOUTS · YOU PICK

Choose one session

1:00 - 2:00 P.M.

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

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| <p>1 Financial Health & Wellbeing for Healthcare Professionals
Likely Associated Healthcare Credit Union · presenter TBA</p> | <p>2 Sound Bowls
Floating Soundbath Minneapolis · stress reduction & nervous-system regulation</p> |
| <p>3 Haiku — Creative Play & Storytelling
Caley Vickerman · Founder, Guerilla Haiku Movement
BEGINS 12:45 P.M.</p> | <p>4 Healing the Healers Meditation
Dr. Brian Meyer & Angharad Picton · energy practices to release heaviness</p> |
| <p>5 Medicinal Plant Walk
Linda Black Elk</p> | <p>6 <i>To be announced</i>
Sixth breakout coming soon</p> |

AFTERNOON · MAIN THEATER

- 2:15 - 3:15 p.m.** **Mental Health Panel**
Kathy Flaminio · Chrissy Mignogna · Keith Terhaar · Mindy Haukedahl & more — *normalizing mental-health support for healthcare professionals*
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- 3:15 - 4:15 p.m.** **Breath as Medicine: Unlocking Inner Resilience**
Laurie Ellis Young — *caring for self and others through the breath*
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- 4:15 - 4:30 p.m.** **Closing Remarks**
Christa Rymal — *Founder, WeCare Nonprofit Foundation*