

AGENDA



CME (MMA/AMA) 6 credits, +12 wellbeing CMEs optional



ARRIVAL

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

MORNING · MAINTHEATER

- 8:30 – 8:45 am Welcome Attendees
Christa Rymal, RN, MSN — Founder, WeCare Nonprofit Foundation
- 8:45 – 9:45 am What's Behind a Healthcare Professional's Mask
Dr. Corey Martin – Founder of Innovations in Resiliene
- 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 – 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

3. Haiku — Creative Play & Storytelling Caley Vickerman

Founder: Guerilla Haiku Movement
BEGINS 12:45 P.M.

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 Movement for Healthcare Professionals

Heidi Zimmer - Yoga Instructor and Founder & Creator of Wild Rice Retreat Center

AFTERNOON · MAINTHEATER

- 2:15 – 3:15 pm Mental Health Panel
Kathy Flaminio · Chrissy Mignogna · Keith Terhaar · Mindy Haukedahl & more normalizing mental-health support for healthcare professionals
- 3:15 – 4:15 pm Breath as Medicine: Unlocking Inner Resilience
Laurie Ellis-Young — Author of Breath is Life & Co-Founder of BreathLogic
- 4:15 – 4:45 pm Nurse Alex Pretti Scholarship Winners Announced and Closing Remarks
Christa Rymal — Founder, WeCare Nonprofit Foundation