

**Send Your Valued Staff to Minnesota Cares: A Wellness Workshop for Our Healthcare Community**

Members of the healthcare community in all fields and roles have given everything to serve Minnesotans throughout the unprecedented challenges of COVID-19. We know this has taken its toll on them and their families, yet their commitment and sacrifices have not wavered and they continue to care for us all. Minnesotans want to say thank you, and provide the healthcare community with evidence-based tools to promote their ongoing wellness.

You are encouraged to send your staff to a FREE wellness workshop offered multiple times at the Minneapolis Convention Center October 7-8, 2022. Attendees will learn proven ways to deal with stress, and techniques to strengthen long-term self-care. There will be three dynamic keynote speakers and a large number of breakout sessions. This event provides participants with a no-cost, low-stress way to try out many activities that support ongoing mental and physical health—yoga, art therapy, Zumba, HeartMath, building good habits, stress first aid, and many others. Please facilitate letting your valued team members come and enjoy themselves while they learn strategies to stay healthy.

There will be five sessions offered over two days to accommodate different shifts and work schedules. All sessions, parking, and snacks will be provided at no charge. What’s the catch? There is none--Minnesotans are grateful for the service of our healthcare community and want to help them get new skills for their personal self-care toolbox.

The breakout sessions have three basic themes with goals for how the activities can help professionals recover and better take care of themselves going forward:

**\*Healing/Recovery**

Activities that aid in recovery from stressful events

**\*Grounding/In the Moment Techniques**

Activities that provide tools and techniques you can use on the job to re-set your autonomic nervous system so you can continue working while caring for yourself

**\*Strengthening Resilience**

Activities that strengthen your capacity to deal with stressors over time

**HOW YOU CAN HELP**

* Promote the workshop among all staff in newsletters, emails, or on bulletin boards [link]
* Allow staff to attend one session (4 hours) on work time
* Reimburse travel expenses, or provide transportation
* Make it known that leadership values this effort and will be attending
* Sponsor a session, a speaker, or parking [link]

Please help to invest in the future of our healthcare community!