

# Minnesota Cares Wellness Workshop

*A wellness workshop for our healthcare community*



## Minnesota Cares

# SPONSOR PROSPECTUS

NOVEMBER 2, 2023

HERITAGE CENTER OF BROOKLYN CENTER

[wellnessmn.org/minnesota-cares/](https://wellnessmn.org/minnesota-cares/)



@MNCARES2022



@MINNESOTA CARES WORKSHOP



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# WELCOME

Minnesota's healthcare community has been strained for years, and the pandemic only exacerbated the challenges which continue today. As everyone is moving along through the new reality, support for our caregivers has never been more vital.

In 2022, the first-ever Minnesota Cares Wellness Workshop was held to care for and encourage our healthcare community; it was a great success. We are pleased to announce the workshop will return in 2023 to continue its mission. This special event is designed to provide an inclusive space for our diverse healthcare community to identify a personal path toward healing, restoration, evidence-based learning, resilience, and fun as a "Thank You" to those who care for Minnesotans. The workshop will offer belonging, knowledge, and tools to nurture and sustain personal well-being in any healthcare role.

Feedback from last year's event:

- 98% of participants said we met our workshop objectives
- 100% said they would attend again.

## WE NEED YOUR HELP TO:

**THANK** the healthcare community for their past and ongoing service

**TEACH** self-care through a variety of workshops and learning sessions

**FOSTER RESILIENCE** for the future through evidence-based strategies and tools

# WHAT YOU WILL HELP PROVIDE

- 2 Keynote presentations
  - Mary Hayes Grieco, **Director & Lead Trainer at The Midwest Institute for Forgiveness Training**
  - Sarah Moe, **Founder & CEO of Sleep Health Specialists**
- Multiple wellness focused workshops to select from
- Free registration, parking, and meals
- Contact hours

# WHO IS INVITED



And any other members of our healthcare community

# 2022 TESTIMONIALS

I loved the experience-based sessions!!

Loved this event! Great day!

I learned functional and practical ways to destress and reenergize!

I really hope this becomes an annual event!

Sound baths. Wow that was life changing!! :)

Everything was well organized, volunteers were very friendly and knowledgeable, the speakers and the session themes were excellent.

I loved it, truly was an amazing gift

Very well organized. Great offerings. Loved the variety.

The event exceeded my expectations!!!

# SCHEDULE

## Morning Sessions:

Intensive track 10:15a- 12:00p (105 min)	Round #1 10:15am Start	Round #2 11:15am Start
Inside Out Art- L. Zweigbaum Herman	Post-traumatic growth- C. Smalley	Leveraging Capacity- NMH
	Creative Writing- J. El-Hai	Creative Journaling- N. Lu
	Food at the intersection- J. Breen	Self-Acupressure- M. Gardos Reid
Forgiveness- M. Hayes Grieco	Wellness Vision- A. Theisen	Creating Calm- P. Forte
	Renew, Release & Restore- K. Ealy	Connections through Music- A. Little
	Yoga Nidra- J. Orione	Yoga Nidra- J. Orione

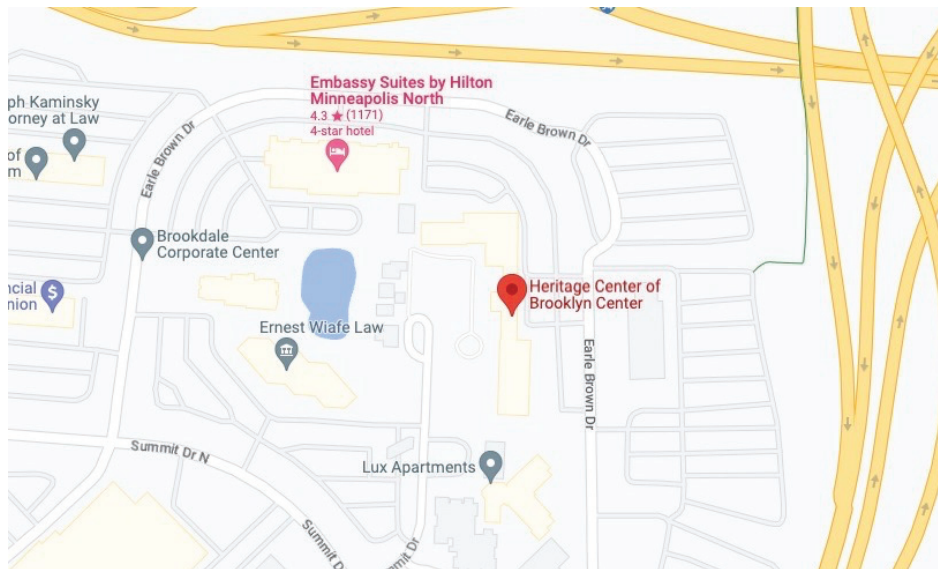
## Afternoon Sessions:

Intensive track 1:00p- 2:45p (105 min)	Round #1 1pm Start	Round #2 2pm Start
Forest Bathing- S. Holger	Leveraging Capacity- NMH	Leveraging Capacity- NMH
	Self-Acupressure- M. Gardos Reid	Creative Journaling- N. Lu
	Intentional Boundaries- K. Wilcox	Post-traumatic growth- C. Smalley
Creating a Creative Practice- K. Peterson	Creating Calm- P. Forte	Wellness Vision- A. Theisen
	Sound Bath- J. Lentz	Sound Bath- J. Lentz
	Mediative Movements- B. Rieke	Renew, Release & Restore- K. Ealy

# LOCATION

Heritage Center of Brooklyn Center

6155 Earle Brown Dr, Brooklyn Center, MN 55430



# SPONSORSHIP

**\$20,000**

PARTNERSHIP

8' Exhibitor Booth  
Logo and Web link on  
WellnessMN.org Website  
Recognition in break out rooms  
Logo in Printed Agenda  
Logo in Event Signage  
Included in Press/Media Releases  
Included in Lanyard



**\$10,000**

GOLD

8' Exhibitor Booth  
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Logo in Printed Agenda  
Logo in Event Signage  
Included in Press/Media Releases

**\$5,000**

SILVER

8' Exhibitor Booth  
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WellnessMN.org Website  
Recognition in break out rooms  
Logo in Printed Agenda  
Logo in Event Signage

**\$1,000**

BRONZE

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WellnessMN.org Website  
Logo in Printed Agenda



**\$250**

EXHIBITOR

8' Exhibitor Booth  
Logo and Web link on  
WellnessMN.org Website

## BECOME A SPONSOR

Sponsorship levels are available from \$250 to \$20,000 with sponsor recognition in all materials

## PROVIDE IN-KIND SUPPORT

Donate gift cards, massages, gift bags, bus or van transportation, lodging, or many other items

## SUPPORT YOUR STAFF'S ATTENDANCE

Healthcare providers can also support this effort by giving staff time to attend and facilitating transportation and lodging

Contact  
Us

Click Here To  
Pledge Your  
Sponsorship

# PLANNING COMMITTEE

**Kerry P. Appleton, MAN, RN, CCRN-K**

Resilience Coach, North Memorial Health

**Jane E. Braun, MS, CTR, MNCEM (Retired)**

Director of Emergency Preparedness and Response, Minnesota Department of Health; COVID Testing and Vaccination Operations, State Emergency Operations Center

**Susan Carolan, RN, PHN (Retired)**

Commander, United States Navy Nurse Corps; Manager, Disease Prevention and Control and Emergency Preparedness, Anoka County; COVID Testing and Vaccination Operations, State Emergency Operations Center

**Chris Chell, BSW, MBA**

Regional Healthcare Preparedness Coordinator (RHPC), Metro Health & Medical Preparedness Coalition

**Carol Christians**

Metro Health & Medical Preparedness Coalition

**Christine Hill**, Media Relations, Hennepin Healthcare

**Geri Maki, (Retired)** Regional Coordinator for the SEMN Disaster Health Coalition

**Eric Mens**

Metro Health and Medical Preparedness Coalition

**Emily Moilanen, MPH**

Regional Healthcare Preparedness Coordinator (RHPC), Metro Health & Medical Preparedness Coalition

**Kristin Peterson**, Regional Preparedness Coordinator for SW Region

**Adam Shadiow, MBA, MEP**

Executive Director, Arrowhead EMS Association

**Shelley Shea, RN**

Metro Health & Medical Preparedness Coalition

**Cami Smalley**, Professional Coach, MA, NBC-HWC, Founder Guided Resilience

**Shawn Stoen**, Regional Preparedness Coordinator for the Central and West Central Regions