



Minnesota Cares

A UNIQUE WELLBEING WORKSHOP EVENT FOR MINNESOTA'S
HEALTHCARE COMMUNITY

OUR GOAL IS TO:

THANK THE HEALTHCARE COMMUNITY FOR PAST AND ONGOING SERVICE

TEACH SELF-CARE THROUGH A VARIETY OF INTENTIONAL WORKSHOP
EXPERIENCES

FOSTER RESILIENCE FOR THE FUTURE THROUGH EVIDENCE-BASED
STRATEGIES AND TOOLS

- INTERACTIVE BREAKOUT WORKSHOP SESSIONS
- FREE REGISTRATION
- CME & CONTINUING EDUCATION CREDITS AVAILABLE
- FOOD PROVIDED

NOVEMBER

2

2023

HERITAGE CENTER OF
BROOKLYN CENTER

7:45 AM – 4:30 PM

REGISTER HERE



wellnessmn.org/minnesota-cares/