

Minnesota Cares Wellness Workshop

A Wellbeing Workshop For Our Healthcare Community



Minnesota Cares

SOON TO BE KNOWN AS **WECARE**

SPONSOR PROSPECTUS

NOVEMBER 14, 2024 HERITAGE CENTER
OF BROOKLYN CENTER

 wellnessmn.org/minnesota-cares/



@MNCARES



@MINNESOTA CARES WORKSHOP



@MNCARES2022



@MINNESOTA CARES WORKSHOP

WELCOME

Minnesota's healthcare community has been strained for years, and the pandemic only exacerbated the challenges which continue today. As everyone adjusts to 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 health care 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

- Keynote presentation
Nancy O'Brien, Co-Founder & CEO of Experience Happiness, LLC. Presenting, Happiness Is Your Superpower
- Multiple wellness focused workshops to select from
- Free registration & parking
- Contact hours

WHO IS INVITED



And any other members of our healthcare community

2023 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 OVERVIEW

Time	Description
7:45- 8:45 am	Registration Expo Access Coffee
8:45- 10:30	Welcome & Keynote Presentation
10:45- 12:30 pm	Morning Workshops
12:30- 1:30 pm	Lunch Expo Access Community Networking
1:30- 3:15 pm	Afternoon Workshops
3:30- 4:15 pm	Afternoon presentation
4:15- 4:30	Conclusion: Planning your next steps

LOCATION

Heritage Center of Brooklyn Center
6155 Earle Brown Dr, Brooklyn Center, MN 55430



SPONSORSHIPS

This Event is Endorsed By: Hennepin Healthcare,
North Memorial Health, Arrowhead EMS Association
and WeCare



[WATCH VIDEO](#)



MN Cares 2023 Workshop Video,
by CCXMEDIA

VENDORS & SPONSORSHIPS 2024



SPONSORSHIPS

\$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
Logo on Lanyard

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BRONZE

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Logo in Printed Agenda

\$250

EXHIBITOR

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

\$500-17,000

SPONSOR LUNCH OR COFFEE BAR FOR ALL ATTENDEES

\$500 Coffee Bar
\$8500 Partial lunch
\$17,000 Full Lunch

Includes 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



SPONSORS AND VENDORS

BOOTH DETAILS

Sponsor/Vendor tables are covered and skirted with white linen and are 30" deep and 8 feet long, you can plan to have about an 8 ft width space and about a foot on each side of the table.

If there is a specific need, please let us know and we can work to accommodate your need.

If you need electricity for your space this can be arranged directly with The Heritage Center. If you have items that you would like shipped/delivered to The Heritage Center, we can assist in that arrangement with The Heritage Center.

LUNCH

Lunch and snacks are included. We request to limit the number of staff at the booth to two people, please let us know if you want to bring more.

SET UP AND BOOTH HOURS

Sponsors and Vendors will have access to the space on the morning of November 14 beginning at 6:30 am and are asked to arrive prior to 8:00 am.

Plan to stay until 4:30 as participant may use the time after wellness workshop to visit the EXPO.

PLANNING COMMITTEE

Kerry P. Appleton, MAN, RN, CCRN-K
Resilience Coach, Director of Workforce
Wellbeing, 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 SE Region

Rachael Lamsal, MSN, RN, NE-BC, CPPS
Quality and Patient Safety Manager
Children's Minnesota

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 Coordina-
tor 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

Yeng M. Yang, MD, MBA (She/Her/Hers)
Medical Advisor, Health Equity
Regional Medical Director, Primary Care
Leadership Coach, HealthPartners

Lindsay Schipper DNP, MBA, RN, PED-BC, NPD-
BC, NE-BC, CNE
Clinical Professor | Susan S. Morrison School of
Nursing, Morrison Family College of Health
University of St. Thomas

WeCare / The Point Retreats Team
Christa Rymal: Founder, CEO, RN, MSN
Jamie Petschow, Chief Marketing, Communications,
and Systems Officer
Mariah Jorgensen, Visual Content Creator &
Administrative Assistant
Mandi Holden, Marketing and Social Media Manager

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