



## **DATES**

**MAY 30 - MAY 31, 2023**

**FREE TO PARTICIPANTS  
ONLY 24 APPLICANTS SELECTED  
TO PARTICIPATE!**

**APPLY  
NOW!**



**WWW.ARROWHEADEMS.COM  
218-726-0070**

# **EMS WELLNESS WORKSHOP**

**Learning to Live a Great Life  
Because of What We Do  
Not in Spite of It**

## **LOCATION**

**SUGAR LAKE LODGE, GRAND RAPIDS MN  
WWW.SUGARLAKELODGE.COM**

# AGENDA at a glance

BROUGHT TO YOU BY:



**WGH**Group, LLC  
BRIDGING THE GAPS IN HEALTHCARE

SUGAR LAKE  
LODGE

TUESDAY, MAY 30  
10:00 AM - 5:00 PM

- **Filling the Gaps:**  
Taking Charge of Your Wellness Journey
- **Stories We Tell Ourselves, About Ourselves**  
How to frame things differently to live a more meaningful life
- **Self Care for the Person, not the Profession**  
Building authenticity & intention into personal wellness
- **Meditation Exercises**  
Building skills in quieting the mind

WEDNESDAY, MAY 31  
8:00 AM - 3:00 PM

- **When You're In the Sh\*\* !**  
How to dig out when life isn't going so well
- **Gratitude, Joy and Closure**  
Learning new skills for life
- **When the Triggers Come**  
What to do when grief, shame and regrets sneak In
- **Letters to Yourself**  
Journaling skills to heal the past and move on

## Featured Speakers



Adam Shadiow, MBA, MEP  
Executive Director, Arrowhead EMS  
Association



Kenzie Wilcox-Ingebrand, Life Coach,  
Executive Director, WGH Group



Bill Brandt,  
Training Chief, Allina Health EMS  
President, Vibrandt Labs



Natalie Lu, MSN, RN  
Founder, The Reflective Nurse, LLC