

# 7TH ANNUAL WELLNESS CONFERENCE



**Wellness**  
in the  
**Woods**  
TRANSFORMING WELLNESS INTO REALITY

## IT'S MY STORY:

**SEPT 14, 2019; 9AM-4PM**

**8AM CHECK-IN & REGISTER**

**SOURCEWELL COMPLEX**  
202 12TH ST NE,  
STAPLES, MN 56479

### KEYNOTE SPEAKERS

**HEATHER BACKSTROM**



I survived the great depression

**MR CHRIS UCHELLO**



Mr Chris is a peer support specialist here in Minnesota and has been advocating at state levels to improve opportunities and care for adult mental wellness.

Wellness in the Woods invites peers & supporters from across Minnesota for a day celebrating recovery, growth, mutual support, health & wellness. Enjoy good food, fun, prizes, networking AND CEUs

**\$25/ WitW member \$50/non-member**

**Save \$25 & become a member @**

**[www.mnwitw.org](http://www.mnwitw.org)**

**Register at:**

**<https://www.eventbrite.com/e/wellness-in-the-woods-annual-conference-its-my-story-tickets-59365391484>**

Morning breakout sessions, afternoon focus groups, shared experiences, and highlighted professions.

**THANK YOU SPONSORS!!!**

**TRACY ENGER**

**TODD COUNTY COUNSEL ON AGING**

