



## EXPERIENCE RESILIENCE A Bounce Back Project Event

Saturday September 17, 2016  
Buffalo Hospital Conference Center

**8:00 Registration**

**9:00 Stories of Resilience, Michael Maddaus, MD**

Being resilient doesn't mean going through life without experiencing stress and pain. Hearing the stories of others who've faced difficult life events and bounced back is a powerful way to build your own resilience.

**10:00 Break**

**10:30 Focus on the Positive, Jason Halvorson, MD**

Why is it the negative screams at you and the positive only whispers? Come learn how you can have a positive outlook and communicate with others in a positive manner.

**11:45 Lunch**

**12:45 Stress: It's a Good Thing, Christy Secor, DNP**

For decades we've been told stress is bad for us and we need to avoid it. Science is now showing us this is not always the case. Learn how to make stress work for you in what you experience every day.

**2:00 Break**

**2:30 Growing in Gratitude, Corey Martin, MD**

"Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow." — Melody Beattie

You will learn several scientifically proven techniques to help you maintain a more positive outlook on life.

**3:30 – 4:00 Inspiring you to live the life you imagined!**

Allina Health is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. Allina Health designates this live activity for a maximum of 5.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

This activity has been designed to meet the Minnesota Board of Nursing continuing education requirements for 5.4 hours of credit. However, the nurse is responsible for determining whether this activity meets the requirements for acceptable continuing education.



Do you ever wonder why some people bounce back in the face of adversity & misfortune, while others fall apart?

Have you ever wished you could be one of those that rises above the stress of daily life?

Connect with others seeking similar insights, who listen to and encourage each other and who honor each other's differences. This powerful day of reflection, conversation and learning will give you the practical tools to thrive in the face of life's challenges.



**COST: \$50**  
per person

**BUFFALO HOSPITAL  
CAMPUS EMPLOYEES  
& A GUEST: \$25**  
per person

**INCLUDES:**  
Continental Breakfast, Lunch  
& Event Materials

**TO REGISTER:**  
[BounceBackProject.org](http://BounceBackProject.org)