

Women and We-laxation Weekend

October 14-16, 2016

Grandview Lodge in Nisswa, Minnesota

With all the stress and demands in life, it can be hard to find the time to stop, breathe and take care of yourself. Ladies, we are busy! Whether focused on families, proving ourselves at work, juggling all the little issues of life - or all of the above - it's far too easy to put off allowing time for YOU to actually have fun and just be you!

Well, we have the answer! Gather your dental girlfriends for a weekend of relaxation and reconnection.

Registration

Fee: \$40

Includes CE event materials and wine & cheese reception.

Lodging

Rooms are available at the Grandview Lodge. Single lodging is \$313.00 per person, per night. Double occupancy is \$227.00 per person, per night. All costs include five meals. If you do NOT need lodging, there are non-lodging plans available.

Speakers/CE

Kim Harms is speaking and will be joined by Anna Hermann and Hillary Harms. Join them for two intriguing seminars and obtain 5 hours of continuing education credits.

Spa

Treat yourself to a little R and R at Glacial Waters Spa! Call the spa directly at 866-867-8939 to make your reservations today!

Schedule*

Friday, October 14

4:30 p.m. Check-in

5:30 - 6:30 p.m. Registration

6:00 - 7:00 p.m. Social, Wine, and Cheese Reception

7:15 - 9:00 p.m. Dinner and networking

(round table discussions)

Saturday, October 15

8:00 a.m. Breakfast

9:00 a.m. - Noon Speaker presentations

Noon - 1:00 p.m. Lunch

1:00 - 3:00 p.m. Art Activity - Northwoods Mug/
Fireside chat with speakers

3:00 - 6:00 p.m. Open time. Suggested activities
include: spa, go for a run, relax or shop

6:30 - 8:30 p.m. Dinner and networking

9:00 p.m. Campfire

Sunday, October 16

8:00 - 9:15 a.m. Breakfast

9:30 - 11:00 a.m. Speaker presentations

11:30 a.m. Check out

**This schedule is subject to change.*

Meet the Speakers & Register



Kim Harms

Are you struggling with understanding your patients, planning for retirement and managing that pesky work/life balance? Do you find it difficult to convince your staff to enthusiastically adopt the goals of your clinic? Does the thought of managing a contract, keeping regulations straight and understanding employment law make your head spin?

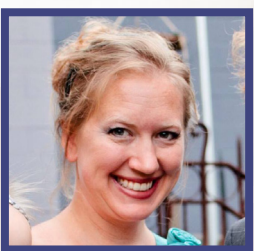
If the answer to any of these questions is “yes” we invite you to come to the Minnesota Dental Association’s Women and Relaxation Weekend. Kimberly Harms D.D.S. will help you develop your skills in understanding your patients (Millennial through Baby Boomers), plan for a purposeful retirement and manage your way through life’s joy’s and sorrows.

The intimate retreat setting will provide time for a Fireside Chat on both Saturday and Sunday to discuss personal and professional issues with the entire group. The lecture portion will be designed to answer questions and discuss important issues provided by the registrants in advance. We will even include the opportunity for participants to paint a souvenir North Woods mug! Bring your dental friends for a fun and informative weekend in the woods.



Anna Herrmann, RN, BSN, MBA

Anna Herrmann, RN, BSN, MBA, a Director of Nursing (responsible for convincing 340 nurses to support the goals of United Hospital’s Cardiac Care Unit) will provide proven techniques to improve staff (and patient) management. Anna will be presenting on staff management issues and will focus particularly on how to motivate others to achieve goals and provide excellent service to patients.



Hillary Harms, Esq.

Hillary Harms J.D., is an attorney experienced in contract law. She works from home while raising three daughters and will discuss dental employment and contract law as well as the challenges of managing motherhood and a professional career.

Fireside Chats: Saturday & Sunday

During the Fireside Chats on Saturday and Sunday, you’ll have the opportunity to speak with Kim, Anna, and Hillary about issues that are a high priority to you. Think about what is your most pressing question or concern in the areas of your dental career, management, or law. Feel free to submit additional questions directly to Kim at kimh04302@gmail.com.

REGISTRATION & RESERVATION FORM - 2016 WOMEN'S RETREAT

Name: _____

Company Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

SEMINARS - Choose which of the following is your number one concern:

- Legal/contract issues Management of staff Patient communication & career/life issues

Share any generational stereotypes you know of in both the clinical & work environments _____

REGISTRATION FEE

All attendees must pay - \$40/person \$ _____

LODGING PACKAGE - Lodging, session & meals (Please contact the MDA office directly for family rates)

- \$312.95 Single Occupancy Attendee rate, per person, per day (GVL Single Occupancy consists of one attendee in a private bedroom and private bathroom)
- \$226.80 Double Occupancy Attendee rate, per person, per day (GVL Double Occupancy consists of two attendees in a private bedroom sharing one bathroom)

Roommates: _____

*For your safety and security, GVL will not assign roommates. If the 2nd occupant is not indicated (or no form is received by deadline date), we will assign a single room. **Note:** Rooms may be in a multiple bedroom unit. Resort check in time is 4:30 p.m. All rates are inclusive of 18% service charge and 7.375% state sales tax.*

NON-LODGING MEAL PACKAGE - Meal options

Sat or Sun breakfast - \$22 each day/person \$ _____ Fri or Sat dinners - \$55 each day/person \$ _____

Sat sessions + Sat lunch + Sun sessions
(no breakfasts or dinners) - \$107/person \$ _____ Saturday + Sunday sessions without meals
(no breaks or lunch incl) - \$75/person \$ _____

EXTENDED STAY: PRE OR POST RETREAT - \$188.79 per night, per room. Rate includes MN state sales taxes and subject to availability. I will be staying the following additional nights:

- Thursday (early arrival) Sunday (post stay)

Preferred lodging rates are held until 9/7/16. Room Rates and availability after 9/7/16 are not guaranteed. Canceled hotel reservations received by 9/14/2016 will receive a full refund. NO REFUNDS will be issued if cancellation is received after 9/14/2016.

SPECIAL REQUESTS - Please select any special requests for lodging and/or meals:

- Wheelchair Accessible Impaired Mobility Service Animal Food Allergies

Details: _____

PAYMENT INFORMATION - Reservations will not be processed without payment

- Check payable to Minnesota Dental Association Credit Card (card will be charged for payment in full)
- Visa MasterCard Discover American Express

Card Holder Signature: _____ Total (sum of registration + lodging) \$ _____

Card Number: _____ Security Code: _____ Billing Zip Code: _____

Complete registration form and mail, email or fax to the Minnesota Dental Association

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