



Healing Within. Renewing Life.

SEPTEMBER & OCTOBER 2024

CALENDAR OF SERVICES

PO Box 19361, 5500 Nicollet Ave, MPLS, MN 55419 www.pathwaysminneapolis.org scheduling@pathwaysmpls.org 651-300-2432

PATHWAYS & HENNEPIN HEALTH SYSTEMS!

We are excited to announce that Pathways will be partnering with Hennepin Health Systems (HHS) working with their Integrative Health team. Hennepin Health Systems has named this program "Project 4 Pathways: Integrative Health Pathways to Whole Person Systems for the Whole Community". Pathways services will be added to community workshops, group visits for integrative care, education, and supporting research into the impact of integrative care. HHS will continue to offer Pathways' virtual programming as well.

Pathways' and HHS's vision and mission overlap in important areas - believing in the value of integrative/holistic care alongside medical treatment and providing access to all. HHS serves nearly 150,000 patients across all Minnesota counties, with the majority in Hennepin County. They are known as pioneers in bringing integrative care into the medical realm. This alignment in mission, their proven experience in delivering integrative care, and their reach to many who might otherwise lack access are all reasons that we believe this decision is a great decision for Pathways. Equally important is that this will allow our providers to continue serving and for our participants to continue receiving those services.


Over the next several weeks we will learn more about the details of how this program will operate and how we will transition services to HHS. In the meantime, we will continue to serve Pathways participants and support providers on our current platform.

Thank you for your patience and support in every step of this journey for Pathways to continue bringing holistic healing into the world.

THE PATHWAYS TEAM

Betsy Knapp (she/her)
Operations Manager
Betsy@pathwaysmpls.org

OUR NEW CONTACT INFO

 PO Box 19361
5500 Nicollet Ave
MPLS, MN 55419-1930

 (651) 300-2432



VIRTUAL PROGRAMMING

Pathways offers virtual programming using the Zoom online platform. [Please visit our website here](#) for more information and troubleshooting tips.

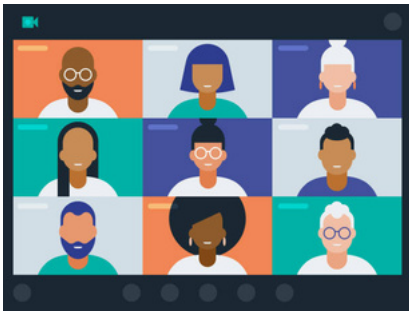


IN-PERSON PROGRAMMING

Pathways is currently offering one-on-one and group in-person sessions of acupuncture and massage only. Our building is open to those with scheduled sessions/appointments only; *drop-in visits are not permitted*. For more information on our in-person guidelines, [please visit our website here](#).

NEW TO PATHWAYS?

Pathways offers no-cost holistic healing services and resources to people with life-threatening, chronic and life-changing health situations (as well as their caregivers). Our healing services are offered by Volunteer Providers who help Participants explore a wide range of healing approaches for body, mind, heart and spirit.



HOW TO GET STARTED

New Participants are required to attend [New Participant Orientation](#) prior to registering for sessions at Pathways. In this virtual session, our orientation facilitator will discuss the various services offered and the process for requesting these services, as well as allow time for questions at the end.



These virtual orientation sessions are conducted over the Zoom online platform. Participants will need the Zoom app installed on their devices prior to the orientation. Visit www.zoom.us for more information.

CREATING AND MANAGING YOUR PARTICIPANT ACCOUNT

Following orientation, [visit our website here](#) to create your Participant Dashboard account. Here, you will be able to browse all available sessions and put in your requests for the ones you'd like! You have until the 25th of each month to submit your requests. The following day, our system will randomly assign Participants their sessions for the month. You will receive an email if you are given any assignments.

Assigned sessions can be found on the [View My Scheduled Sessions](#) page. Sessions that you requested, but were not assigned to, can be found on the [View My Waitlisted Sessions](#) page.

Please be sure to log into your Dashboard and confirm as soon as possible. For Virtual sessions, your Zoom link will appear once you confirm your session. You may cancel your attendance at any time during the month.

UPCOMING ORIENTATION DATES

[Tues 8/6 @ 1 pm](#)

[Tue 8/27 @ 12 pm](#)

[Tue 9/10 @ 4 pm](#)

[Fri 9/20 @ 11 am](#)

[Tue 10/1 @ 4 pm](#)

[Fri 10/18 @ 11 am](#)

Click the dates above to register!

To cancel/reschedule your orientation date, email us at scheduling@pathwaysmpls.org

All orientation times are in Central Time (CST)



PARTICIPANT CATEGORIES

Upon creating your account, you will be asked to assign yourself a category based on your current health situation. Our system will place priority on those with higher categories when making random session assignments.

Careivers may choose to pick the same category as the person they are caring for, or to pick whichever category aligns with their own health.

Categories are self-identified by the Participant, and Pathways will never diagnose or require proof of a diagnosis to justify a category assignment. If you have been a Category 1 or 2 for a year without any advance in illness, we ask that you move your category to the next lower level to allow for newly diagnosed/those with advancing illnesses to have higher priority.

CATEGORY 1

For persons with life-threatening physical illness (cancer, debilitating heart disease, HIV/AIDS, lymphoma, MS, ALS, transplants, etc.).

CATEGORY 2

For persons dealing with disability, pain and/or other symptoms related to a physical chronic illness, or physical injury (CFS, chronic pain, diabetes, Lyme, etc.).

CATEGORY 3

For persons in recovery from stress and emotionally-based concerns related to physical illness or significant life challenges, such as grief, loss and chronic inequities.

PATHWAYS SCENT-FREE POLICY

Many Pathways participants are chemically sensitive, and/or who have compromised immune systems. We wish to minimize as best we can the presence of scented products. To this end, we ask that you please refrain from applying perfume, cologne and/or essential oils within 24 hours of your attendance at Pathways. We also ask that you do not smoke on the property.



Interested in volunteering? Pathways is always excited to hear from potential Providers and Support Staff Volunteers!

Volunteer Providers are masters in their areas of expertise and should meet the following requirements to offer their modalities here at Pathways:



- Experience working with people facing life-threatening or chronic illness
- At least 100 hours working in the specific modality offered at Pathways
- Professionally trained and/or certified
- Feel a heart connection with Pathways' healing approach
- Ability to articulate a personal healing philosophy
- Actively practice the modality offered at Pathways
- Embrace the spiritual aspects of healing while being comfortable in a non-religious environment

Please [visit our website here](#) for more information and to complete our Volunteer applications!



How are we doing? We'd love to hear from you! We invite you to fill out our [online evaluation form here](#) with any feedback, questions, comments or concerns. You can also email us directly at scheduling@pathwaysmpls.org



Follow us!

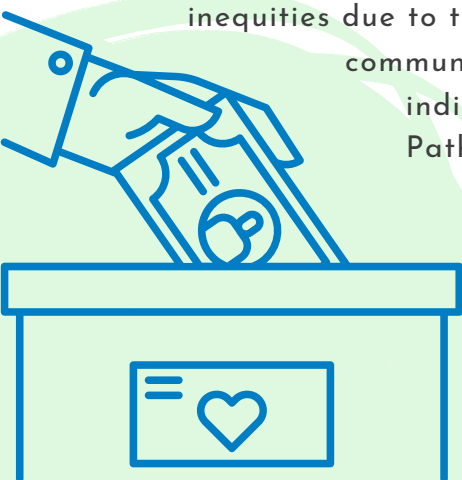
We recognize that racial, gender, and social inequities in America make it difficult, if not impossible, for all people to access the healing services they need, including the services Pathways provides.

Pathways is committed to ongoing work, learning, service, outreach, and healing to better serve individuals and groups identifying as Black/Indigenous/People of Color (BIPOC), Lesbian/Gay/Bisexual/Transgender/Queer or Questioning/Intersex/Asexual (LGBTQIA+), people with disabilities, and all others who are marginalized.

All are welcome here.

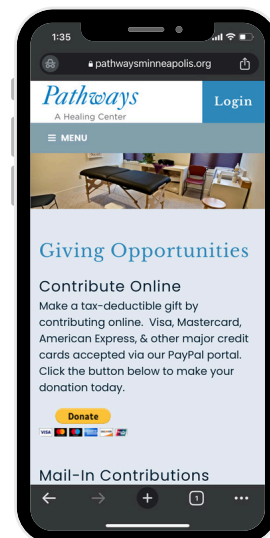


Pathways is able to provide a wealth of services and resources to those with life-threatening illnesses, chronic conditions and health inequities due to the generosity of our Volunteer Providers and our community. We are funded primarily through individual donations, so please consider supporting Pathways by making a donation today!



Click here to make a donation on our website via PayPal!

You can explore more ways to donate and support [on our website here](#). Thank you for your contribution!



IN-PERSON ONE-ON-ONE SESSIONS

Listed alphabetically by session title



Individual Acupuncture (In-Person)

NWHSU

Mon, Sep 9, 16, 23, 30 (Series) 1:00pm - 2:15pm
 Mon, Oct 7, 21, 28 (Series) 2:15pm - 3:30pm
 No session on Oct 14 3:30pm - 4:45pm

Acupuncture is a method of encouraging the body to promote natural healing & to improve functioning by inserting needles at very precise acupuncture points. Participants typically remain fully clothed during the treatment and will be appropriately draped where necessary. Please wear loose, comfortable clothing. **(Multi-Session Series - must be available for all dates in the series.)**

In conjunction with The College of Acupuncture & Chinese Medicine at Northwestern Health Sciences University.



Massage (In-Person)

NWHSU

Mon, Sep 9, 16, 23, 30, Oct 7, 21 1:00pm - 2:15pm
 No session on Oct 14 2:45pm - 4:00pm

Please wear loose, comfortable clothing.

In conjunction with The College of Acupuncture & Chinese Medicine at Northwestern Health Sciences University.

IN-PERSON GROUP SESSIONS

Listed alphabetically by session title



Community Acupuncture (In-Person)

NWHSU

Mon, Sep 9, 16, 23, 30 (Series) 1:00pm - 2:00pm
 Mon, Oct 7, 21, 28 (Series) 1:30pm - 2:30pm
 No session on Oct 14 2:00pm - 3:00pm
 2:30pm - 3:30pm
 3:00pm - 4:00pm

Acupuncture is a method of encouraging the body to promote natural healing & to improve functioning by inserting needles at very precise acupuncture points. Community Acupuncture involves treating multiple participants at the same time in a large communal room. Each person will be socially distanced and rest comfortably in a reclining chair. If possible, please try to wear loose comfortable clothing. **(Multi-Session Series - must be available for all dates in the series.)**

In conjunction with The College of Acupuncture & Chinese Medicine at Northwestern Health Sciences University.

VIRTUAL ONE-ON-ONE SESSIONS

Listed alphabetically by session title



Compassionate Listening (Virtual)

Sue Salmela

Mon, Sep 30, Oct 21 10:00am - 11:00am

This session offers a presence and a listening ear. Feel free to prepare for the session by coming with a focused intention and know you may receive feedback to what you are experiencing and discovering. This process can help you discover tools to navigate the difficulties you are experiencing.



Distance Reiki (Virtual)

Cindy VanDrasek-Pai

Tues, Sep 3, Oct 1 9:30am - 10:00am
 Wed, Sep 4, Oct 2

Reiki is positive, universal life energy and complements any current medical regimen a person may be following. The power of Reiki is not wielded by the provider, but is directed so it activates the energy spontaneously in response to the need. A name and date of birth will be requested so that the energy can be activated within the participant. Reiki sessions last about 25 minutes and balance the whole person as well as stimulate the body's own natural healing ability.



Guided Imagery (Virtual)

Mary Ellen Kinney

Tues, Sep 10, 24, Oct 8, 22 9:30am - 10:45am
 11:15am - 12:30pm

During guided imagery we work together in a simple natural way to use the power of your mind/imagination in a positive way. If you have ever worried or planned anything, you know how to use your imagination. With guided imagery, we can simply tap into your inner resources to reduce anxiety or address feelings of fear, pain, anger or whatever you identify as an obstacle to being more peaceful. There is no wrong way to do it!



Healing Touch (Virtual)

Jim Taylor

Thurs, Sep 5, 12, 19, 26, Oct 3, 10, 17, 24, 31 12:00pm - 12:45pm
 1:00pm - 1:45pm

We will begin this online session by discussing your healing request or intention. You may then choose to disconnect or maintain the connection. You will find a place to relax during the session. I will work within your aura/energy field to clear, balance, and energize your whole person - mind, body and spirit. At the end of the healing you may choose to reconnect to discuss the session.



Healing Touch (Virtual)

Mary Johnson

Tues, Sep 3, 17, Oct 8, 22 12:00pm - 12:45pm
 1:00pm - 1:45pm

Healing touch is a gentle intentional healing art that promotes balance and flow in the human energy field requiring a deep sense of centeredness and mindfulness. The session will begin with an assessment of your situation and your healing process. You will then choose a comfortable place (couch, bed, or chair) where we can explore and experience guided imagery, deep breathing, and other practices that encourage relaxation and openness to your natural healing ability. The session will end with a gentle return to alertness and a sharing of perceptions.



Healing Touch (Virtual)

Niels Billund

Wed, Sep 25, Oct 16, 30 5:00pm - 6:00pm

Healing Touch is a relaxing and nurturing energy therapy that works on opening the chakras, thereby creating a free flow of energy. In this online session, the participant will experience a deep relaxation and strengthening of the body's immune system, lifting of mood and lowering of anxiety and depression.

VIRTUAL ONE-ON-ONE SESSIONS

Continued

Integrative Health & Well-Being Coaching (Virtual)

Wed, Sep 11, 18, 25 (Series)
Wed, Oct 9, 16, 23 (Series)

Mary Dobish
11:00am - 12:00pm

In this series, you will be supported in mobilizing internal and external resources to set and achieve well-being related goals and dreams. By the end of the series, you will have accessed your mind, body, and spirit and established small steps toward actualizing your personal well-being. This is a series of three sessions. Only the first session of each series is available for request. Subsequent session dates will be added to your schedule following the monthly randomization. **(Multi-Session Series - must be available for all dates in the series.)**

Life Coaching (Virtual)

Wed, Sep 4, 11, 18 (Series)
Wed, Oct 2, 9, 16 (Series)

Carla Beach
9:30am - 10:30am
10:30am - 11:30am

Life coaching begins with the recognition that you stand in the space of being a creative, resourceful and whole person. You have within you the answers to the issues in your life. Your coach will be your witness and guide for new awareness, supporting you in making resonant choices that move you toward finding balance and fulfillment. This is a 3 session series. Only the first session is available for request. Subsequent session dates will be added to your schedule following the monthly randomization. **(Multi-Session Series - must be available for all dates in the series.)**

Speaking of Death: Exploring Options & Conversation (Virtual)

Fri, Sep 13
Wed, Oct 9

Marilaurice Hemlock
or Anne Archbold
10:00am - 10:45am (Sep 13)
11:00am - 11:45am (Sep 13)
12:00pm - 12:45pm (Oct 9)
1:00pm - 1:45pm (Oct 9)

This session is tailored to exploring the needs and questions of the individual participant about after-death options. Common questions and topics explored include the five possibilities for disposition of the body in the Metro area, costs, paperwork to be completed before death, funeral/memorial/graveside services, home funerals, care for the body at home, legal issues, and ideas for memorial services. It is a time for questions and conversation about a topic that many generally avoid but that Anne & Marilaurice embrace fully.

Stress Less Now (Virtual)

Mon, Sep 16, Oct 14

Linda Duncanson
10:00am - 11:00am

You will be guided through a session with me supporting you as we look at why you feel stress, stuck, have anxiety, depression or keep repeating the same old habits that you don't want any more. Once we identify those core limiting beliefs we will shift them to beliefs that support your wishes, desires and goals.

Too Much Togetherness (Virtual)

Mon, Sep 9, 23, Oct 7, 21

Barbara McCleary
11:00am - 11:45am
12:00pm - 12:45pm
1:00pm - 1:45pm

Note 1-1:45 pm only available on Sep 9 & Oct 7

This session focuses on both listening and offering reasonable strategies to help relieve the significant stress related to day-to-day life. Whether it is you on your own, you and a partner, children, roommate(s), or a larger extended family, trying to valiantly exist independently or co-exist with others can be a major challenge these days. In this session we will discuss setting reasonable expectations, and coping strategies. You will learn some new tools, and hopefully, leave feeling less overwhelmed.

Voice Healing (Virtual)

Wed, Sep 4, Oct 2

Myo-O Marilyn
Habermas-Scher
9:30am - 10:15am
10:30am - 11:15am

Enjoy receiving a vocal, vibrational healing that reflects your body mind and spirit, in this moment. You rest on a comfortable surface and relax into a receptive space, allowing your body, mind and spirit to vibrate and be vibrated.

VIRTUAL GROUP SESSIONS

Listed alphabetically by session title

Adventure with Inspiration and Gratitude (Virtual)

Tues, Sep 24, Oct 22

Stephanie Siddiqui
11:00am - 12pm

Let us gather in a virtual circle for an interactive inspiration and gratitude experience. Please join us for a grounding meditation, centering movement, positive music, pretty art, and inspiring words. We'll follow with a grateful discussion centered around a theme for deeper, heartfelt reflection. Taking notes on what you experience is encouraged.

Awakening Happiness in Difficult Times (Virtual)

Thurs, Sep 19

Spruce Krause
10:30am - 12:00pm

Authentic happiness is big enough to hold it all - contentment, peace, grief, fear, anger, compassion, kindness, generosity, all the flavors of living. Learn easy-to-use tools to help promote more ease, contentment and peace as well as reduce anxiety - regardless of what is happening within or without. We can re-wire our brain and body for greater authentic happiness one simple step at a time. Have some paper and colors (markers, crayons, etc) handy for a simple written exercise.

Breathing to Enhance Your Energy, Mood & Memory (Virtual)

Tue, Sep 10

Deanna Reiter
12:00pm - 1:00pm

Discover techniques that are easy to integrate to become more energized, less stressed and happier. Learn simple, yet powerful techniques that can be done anytime and anywhere to create more productivity and creativity in your life. You will leave with new skills that are instantly implementable and provide long-term gain based on the latest mindfulness research.

VIRTUAL GROUP SESSIONS

Continued

Chair Yoga Therapy (Virtual)

Mon, Sep 9, 23, Oct 14, 28

This therapeutic, adaptive class promotes well-being through correct posture, breath and guided movements. It gently lengthens, stretches, and opens the body while bringing awareness as well. We will relax and rejuvenate our bodies and minds while improving flexibility and mobility. No previous yoga experience necessary. Please use a stationary chair without wheels and dress in comfortable, layered clothing.

Julie Shannon Williams
11:00am - 12:00pm

Conscious Creating (Virtual)

Tue, Sep 10, Oct 8

Feeling creative or playful or unsure? Use your intuition for whatever artistic media you like to use. You can create paper collages, digital art, sketch, paint, weave, carve, knit, etc... use this creative time together to be inspired and share your artistic expression/passion/insights. Consciously create what you emotionally react to for wellness and healing. Create with others with the intention of expressing what is important to you at this moment for healing with a different theme each month.

Stephanie Siddiqui
11:00am - 12:00pm

Exploring Isolation & Connection (Virtual)

Mon, Sep 23, Oct 21

Why are our relationships so vital to our emotional and physical well-being? Is there a difference between isolation, solitude and loneliness? If I am alone, does it mean I am lonely? How come I feel so alone when I am in this crowded house with my whole family? What types of connection do we require to thrive? Are technology and social media bad for me? What is meant by quality interactions? How can I build new connections? Why is service to others an antidote to loneliness? In this group, we will explore these questions and more.

Barbara McCleary
2:00pm - 3:15pm

Grieving Our Losses (Virtual)

Thurs, Sep 5, Oct 10

Change requires adjusting to the loss and the grief. These are challenging times with many new losses. How can we manage through all of these losses, and all of the grief? We may be grieving on a micro and a macro level. We will explore our reaction to loss, how that impacts us and how we might go about healing. There will be a ritual at the end so we might practice "letting go". Join us!

Karen Greer
12:30pm - 2:00pm

Handwriting That Heals with The Vimala Alphabet (Virtual)

Wed, Sep 11, Oct 9

Did you know that your handwriting is a gateway to healing and self-fulfillment? This session will provide you with the tools and technology to transform old thought patterns into new and supportive ones that will result in exciting new ENERGY in all areas of your life! Just by choosing to make a few changes to the way you write! Learn a simple practice that has NOTHING to do with handwriting analysis (I promise) and was not created to improve penmanship; it was created to improve lives! All you need is a pen, unlined paper and a desire for change.

Shannon Poppie
10:00am - 11:15am

Practicing Self-Compassion (Virtual)

Kate Wolfe-Jensen

Wed, Oct 16

11:00am - 12:00pm

Researcher Kristin Neff has identified three important elements of self-compassion. We'll use creative journaling prompts to better understand and practice being kind to ourselves, even in difficult moments. Journaling helps us gain insight and awareness. Sharing our discoveries helps us understand we aren't alone on our journeys.

Sing and Share Freely (Virtual)

Tue, Oct 29

Stephanie Siddiqui
11:00am - 12:00pm

Sing and share freely virtually for a healing community singing circle and open mic. Participants are invited to join in song together and space will be created for individuals to share in an open mic format (but not required!). Why is singing healing? Stimulating the vagus nerve benefits your autonomic nervous system and mental health which gives a sense of calmness, compassion, and community. The vagus nerve is connected to your vocal cords and the muscles at the back of your throat. Singing, humming, chanting, and gargling can activate these muscles and stimulate your vagus nerve. Come to listen, participate and have fun! No musical experience is required.

Spring Forest Qigong Healing Circle and Practice Group (Virtual)

Mon, Sep 16, 23, 30, Oct 7, 14, 21, 28

Barb Palmer
1:00pm - 2:00pm

Please join us as we gather to share our Love Energy with each other and balance our energy. You will be guided as you practice the simple, gentle movements followed by a guided healing meditation. You will be sent energy during the group session to help you balance your physical, emotional and spiritual well being. Qigong combines gentle movements, breathing, mental focus, and sound and can be done standing or sitting.

Tai Chi Chih (Virtual)

Fri, Sep 13, 20, 27, Oct 4, 11, 18, 25

Marlena Vernon
10:00am - 11:00am

This Tai Chi Chih ongoing group deepens fundamental knowing of Tai Chi Chih principles in this movement meditation practice. We focus on deepening the experience of the basic 19 repetitive mindful movements, explore techniques for addressing physical and emotional challenges, and establish a foundation for integrating the practice into our lives.

Tai Chi Chih: Joy Through Movement (Virtual)

Tue, Sep 10, 17, 24, Oct 1, 8, 15

Marlena Vernon
10:00am - 11:00am

This introductory practice consists of a series of gentle, simple movements that develop inner awareness of energy flow within the body which can open up Chi blockages and can be done at all levels of ability. The repetitive mindful movements are designed to allow a balancing and circulation of Chi and may be done standing or seated. It has been described as "acupuncture without needles."

VIRTUAL GROUP SESSIONS

Continued



Tai Chi for Rehabilitation (Virtual)

Stephanie Siddiqui
11:00am - 12:00pm

Tues, Sep 3, Oct 1

This is a wonderful Tai Chi for Health form that is a mix of Sun, Yang, and Chen Styles and it is great for beginners and intermediate levels. Enjoy slow graceful movements that create inner and outer balance, strength, and vitality. Tai Chi for Health uses a stepwise progressive teaching method in each class. We spend 15 minutes on warm-ups or qigong movements, 15 minutes on stepwise instruction, 15 minutes on practice, and 15 minutes on cool down and reflection.



The Four Movements of Chronic Illness (Virtual)

Kate Wolfe-Jensen
11:00am - 12:00pm

Wed, Sep 18

As Kate Wolfe Jensen sought to understand how to live with her own chronic illness (MS), she developed a model. Learn about her four movements in the dance of chronic illness: overwhelm, incubation, reconciliation, and rededication. We'll use creative journaling prompts to identify and explore our personal choreographies. Journaling helps us become aware of our thoughts and feelings and sharing our discoveries helps us understand we aren't alone on our healing journeys. Bring your journal and something with which to write. You may want to have colored pencils -or markers available.



Vibrational Healing (Virtual)

Stephanie Siddiqui
11:00am - 12:00pm

Tue, Sep 17, Oct 15

Participate in playful vibrational healing as we sing, chant, drum, and tap or massage energy points on the body. This is an interactive class where participants are invited to join us in drumming, singing, chanting, and self-care tapping/massage along with time for reflection. You can stay on mute when we sing, chat, and drum. All levels of ability are welcome and modifications are okay. If singing, drumming, or tapping movements are difficult, one can visualize or enjoy the sound vibrations from the group. At the beginning and the end of the class, we will share how we feel arriving and how we feel leaving and people are encouraged to share what they liked during each practice if they would like. We will chant or sing for 15 minutes, We will drum/shake for 15 minutes, and for 15 minutes we will tap or massage energy points or pathways based on Chinese medicine or do self-lymphatic massage.



Weekly Mindfulness Meditation Practice Session (Virtual)

Cass McLaughlin
9:00am - 9:45am

Mon, Sep 16, 23, 30, Oct 14, 21, 28

Start the week mindfully with an online meditation practice mostly using the practices from the Mindfulness-Based Stress Reduction (MBSR) program. Session led by a facilitator who is a qualified MBSR teacher and is also trained in Trauma Sensitive Mindfulness and Mind-Body Skills. Participants will be guided to listen to what is needed and/or use the time to support their own ongoing practice. Cass will pull from various trainings such as Integrative Guided Imagery, Integrative Restoration (IRest), etc.



Writing for Healing (Virtual)

Wendy Brown-Baez
1:00pm - 2:30pm

Thurs, Sep 12, 26, Oct 10, Oct 24

Writing is a way to access our inner guidance, fire up our creativity, and care for ourselves with compassion. We use a simple technique of spontaneous free writing. This means that we write in short bursts of 7- 8 minutes and share what we wrote, followed by supportive, positive feedback. The purpose is to tap into our inner voice and to spark conversation. This is ideal for those with health challenges and caregivers. All levels of writers welcome.

PATHWAYS BOARD OF DIRECTORS

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Ann Agrimson &
Kate Wolfe-Jenson



On behalf of all of us here at Pathways,
thank you for over 35 years of your
continued support.

