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| Date | Topic | Speaker |
| Thurs., Jan. 28th  | **Resiliency** | **Sr. Mary Thomas, Senior VP of Mission Services, Avera McKennan Hospital** |
| Thurs., Feb. 25th  | **Mindfulness** | **Brenda Ling, Outpatient Therapist, Avera Integrative Medicine** |
| Thurs., March 25th  | **Pediatric Rashes** | **Dr. Kara Bruning, Avera Medical Group Pediatrics**  |
| Thurs., April 22nd  | **Coordinated Care** | **Vonita Gardner** |
| Thurs., May 27th  | **CARE standards through the MASK** | **Jodi Hepperle, Patty Black Tracy** |
| Thurs., June 24th  | **Unintentional Microagressions in Healthcare** | **Faith Minnich-Kjesbo** |
| Thurs., July 22nd  | **Gut Health and the Microbiome** | **Dawn Flickema, MD, Avera Medical Group Integrative Medicine** |
| Thurs., Aug. 26th  | **Osteopathic Manipulation**  | **Michael Knapp, DO, Avera Medical Group Aberdeen** |
| Thurs, Sept. 23rd  | **Thyroid Essentials** | **Dr. Marie Angelica Landicho, Avera Endocrinology**  |
| Thurs, Oct. 28th  | **Avera ACO Update – What Nurses Need to Know** | **Teri Bergeleen, Director of Provider Contracting and ACO Operations** |
| Thurs, Nov. 18th  | **OBGYN update** | **Dr. Marnie Terveen, Avera Medical Group Obstetrics and Gynecology, Sioux Falls** |
| Thurs., Dec. 16th  | **A Day in the Life of a Pathologist** | **Dr. Bari Fritz, Avera St. Luke’s Hospital** |