

# 2023 Munici-Pals Spring Conference

*Personal and Professional Development for Municipal Employees*



**Tuesday, April 25 OR Thursday, April 27**

**8 a.m.-3:30 p.m.**

**Valleywood Golf Course**

**4851 McAndrews Road | Apple Valley**

***Focus on YOU: Wellbeing for Busy Humans***

Join Munici-Pals and learn how to be the best you! This one-day conference is offered two separate days to accommodate scheduling. Spend a day with meeting with your local government peers and learning tips and tricks for a healthy, balanced life.

## **Staying Optimistic: Conquering Negative Thoughts**

An average person has between 12,000-60,000 thoughts per day, 80% of which are negative. These thoughts are part of the survival mechanism in the mind which focuses on more negative details as a form of self-protection. Learn how to identify the cause of negative thoughts and strategies to break the cycle.

## **Healthy Boundaries and Work Life Balance**

People often feel torn between work and family obligations, and often report not having enough time for themselves. Learn how to identify what's keeping you out of balance, and determine the meaning of work-life balance.

## **Unlock the Secrets of Financial Wellbeing**

Managing your finances may seem like a challenging task, but it allows you to have a better perspective of where and how you're spending your money. Learn to understand your money beliefs and how these affect your personal finances.



**\$60 per member\***

**\$75 per non-member**

*\*Please note: if your city is a member city, ALL employees are members.*

**Register by Monday,  
April 17**

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Enjoy a continental breakfast and taco bar for lunch. **If you have dietary restrictions, please indicate on registration.**

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For more information, contact Penny Gomez at 763-543-2608 or [pgomez@LOGIS.org](mailto:pgomez@LOGIS.org)

**\*Not a member city?  
Join today for \$40!  
All employees of member cities are eligible for discounted rate.**

**Plus: Legislative Updates from the League of Minnesota Cities and a presentation on ergonomics!**

# Registration

Name of city or organization: \_\_\_\_\_

Contact email: \_\_\_\_\_

**Include Membership Dues (\$40)**

Attendee Name	Attendee Email	Dietary Restriction?

**Total Attendees** \_\_\_\_\_ **x \$** \_\_\_\_\_ **\* + \$40 Membership Dues (optional) = \$** \_\_\_\_\_

**Please return completed form and check, made payable to “Munici-Pals,” to:**

**City of Apple Valley | Attn: Penny Stewart  
7100 147<sup>th</sup> Street West, Apple Valley 55124**

*\*\$60 per Munici-Pals members, \$75 for non-members*