

Women's Foundation of Minnesota Listening Session

Holistic Wellbeing and Reproductive Justice
Hosted by 100 Rural Women, July 26, 2023

How this information will be used

- ▶ Women's Foundation of Minnesota will use input from sessions in rural MN to inform a new funding portfolio this winter.
- ▶ All names and identities will be kept confidential.

Holistic Wellbeing

- ▶ What toll has Covid, gun violence, toxic politics and other stressors taken on your health?
- ▶ What does it mean to feel whole in mind, body and spirit?
- ▶ What does Holistic Wellbeing mean to you?

Reproductive Justice

- ▶ What is the impact of toxic stress and trauma on the mental and physical health of girls and women?
- ▶ When you think of women's reproductive health, what comes to mind?

The Intersection

- ▶ What does the intersection of wellbeing and reproductive health look like?
- ▶ What is the story you want told about the needs in your community around these issues?

Other thoughts? Please reach out!

Suzanne Koepplinger, M.A.
Catalyst North Consulting

www.catalystnorth.org
Suzanne@catalystnorth.org

[Suzanne Koepplinger | LinkedIn](#)

