



Wellness Mapping 360°™ Methodology Wellness & Health Coach Certification Training October 1st - 4th (Weds. - Saturday)

To Learn More about Minneapolis and the surrounding area visit: <http://www.minneapolis.org>

Activities Available

Mille Lacs Indian Museum & Trading Post. <http://www.exploreminnesota.com/things-to-do/2755/mille-lacs-indian-museum--trading-post>

[Science Museum of Minnesota](#) in St. Paul

The North American Bear Center
<http://www.exploreminnesota.com/things-to-do/4754/north-american-bear-center/>

Amusement Parks and Zoos
<http://www.exploreminnesota.com/things-to-do/amusements-zoos/>

Horseback Riding
<http://www.exploreminnesota.com/things-to-do/horse-trails/>

What to Bring?

Pen and paper for notes

Good walking shoes

A journal for reflection

Casual attire - Dress for all weather possibilities. *It is Autumn in the upper Midwest and it will most likely be cool and wonderful.*

A good attitude and openness to learning



The purpose of this program is... to train wellness & health professionals in the use of Wellness Coaching skills to assist their clients in making lasting lifestyle change.

The Training Location

Medica Headquarters

401 Carlson Parkway
Minnetonka, MN 55305
[Directions](#)

Minneapolis * St. Paul Airport:

Directions from the airport to the Medica training site:
<https://maps.google.com/maps/ms?ie=UTF8&oe=UTF8&msa=0&msid=102642041111042446663.00048ebadab8cd95ceee9&g=feature>

Super Shuttle:

<http://www.supershuttle.com/Locations/MSPAairportShuttleMinneapolis.aspx>

Ground Transportation from the Airport

<http://www.mspairport.com/GroundTransportation.aspx>

Lodging Information

Country Inn & Suites By Carlson

Minneapolis West, MN
1-763-473-3008

Rate - \$112.00 including a complimentary hot breakfast buffet, free wifi, pool & hot tub, fitness center and business center, most rooms have micro/frig. (Real balance code)

Traveling from outside of Minnesota? Plan on spending a day or two after or before the training so you have time to explore the great state of Minnesota.

If you need assistance please contact Deborah

Deborah@realbalance.com 1-866-568-4702 (toll free) 568-4700