

May 2024 President's Message by Megan Urick, APTA MN Chapter President:

As you probably noticed, there wasn't an April President's message and my new baby is my excuse. Izzy was born on March 31st and she's certainly been keeping me busy!

APTA MN Conference Recap

It was fun to see many of you at the APTA MN Conference in April where over 300 PTs, PTAs, and students came together at The Graduate!

Town Halls

One of the new things APTA MN is implementing this year is quarterly Town Halls on "Issues Affecting Physical Therapy." Our next Town Hall is Wednesday, May 29th on "Burnout in PT - let's discuss how you're feeling." This will help us as a Chapter better understand what is important to members in order to guide our strategic planning. Please register for this virtual event [here](#).

APTA Leadership Symposium

The APTA Leadership Symposium is coming up in July. Attending this event has always been a positive growth experience for me. If you're interested in improving your leadership skills or trying to learn more about APTA, I recommend joining me at this event in Kansas City! I'm particularly excited about the new [Women's Leadership Summit](#) being offered this year on Saturday, July 20th! Following the summit is an opportunity to attend a soccer game at the [first stadium dedicated to a women's sport!](#)

Committee Feature

The APTA MN 5K Committee is our newest committee! Joni Purrington, Katie Malotky, and Alyssa Stapleton are the co-chairs. The first Move and Groove 5K was last fall and it was a success so we're doing it again this year! We created this event to promote Physical Therapy and connect with our local communities through fun and movement!

The 2024 Move and Groove 5K will be Sunday September 15th with a 9 am start in Maple Grove at Elm Creek Park Reserve again. You can register as a [sponsor](#) or a [runner/walker!](#)

The Committee is looking for help with multiple volunteer positions including race course set-up, registration, course direction, finish line, water stations, photos and clean up day of. Please email info@mnapta.org if you'd like to volunteer!

Links to Dive Deeper:

[May Town Hall on Issues Affecting Physical Therapy](#)

[APTA Women's Leadership Summit](#)

[CPKC Stadium](#)

[APTA MN 5K Runner/Walker Registration](#)

[APTA MN 5K Sponsor Registration](#)