

804594100032



Office of the Minnesota Secretary of State
Minnesota Public Benefit Corporation / Annual Benefit Report
Minnesota Statutes, Chapter 304A



Read the instructions before completing this form
Must be filed by March 31
Filing Fee: \$55 for expedited service in-person, \$35 if submitted by mail

The Annual Benefit Report covers the 12 month period ending on December 31 of the previous year.
Notice: Failure to file this form by March 31 of this year will result in the revocation of the corporation's public benefit status without further notice from the Secretary of State, pursuant to Minnesota Statutes, Section 304A.301

1. Corporate Name: (Required) First Aid for Nurses, SBC

2. The public benefit corporation's board of directors has reviewed and approved this report.

3. In the field below, enter the information required by section 304A.301 subd. 2 or 3 for the period covered by this report, (see instructions for further information): Note: Use additional sheets if needed. (Required)

See Report attached

4. I, the undersigned, certify that I am the chief executive officer of this public benefit corporation. I further certify that I have signed this document no more than 30 days before the document is delivered to the secretary of state for filing, and that this document is current when signed. I further certify that I have completed all required fields, and that the information in this document is true and correct and in compliance with the applicable chapter of Minnesota Statutes. I understand that by signing this document I am subject to the penalties of perjury as set forth in Section 609.48 as if I had signed this document under oath.

Lynn Rekvig
Signature of Public Benefit Corporation's Chief Executive Officer

March 15th, 2022
Date (Must be dated within 30 days before the report is delivered to the Secretary of State for Filing)

Email Address for Official Notices

Enter an email address to which the Secretary of State can forward official notices required by law and other notices:

LREKVIG@GMAIL.COM

Check here to have your email address excluded from requests for bulk data, to the extent allowed by Minnesota law.

List a name and daytime phone number of a person who can be contacted about this form:

Lynn Rekvig 612-600-5611
Contact Name Phone Number

Entities that own, lease, or have any financial interest in agricultural land or land capable of being farmed must register with the MN Dept. of Agriculture's Corporate Farm Program.

Does this entity own, lease, or have any financial interest in agricultural land or land capable of being farmed?
Yes No

Annual Benefit Report 2021
First Aid for Nurses, SBC
Office of the Minnesota Secretary of State
Minnesota Public Benefit Corporation

With regard to the period covered by this report, January 1st, 2021, to December 31, 2021, First Aid for Nurses pursued the specific benefit purpose stated in its articles of incorporation 'to improve patient care and patient outcomes by reducing compassion fatigue and burn-out for nurses within health care organizations' in the following ways:

This past year, the opportunities for development were narrowed significantly because of the impact of Covid. However, I was able to work successfully with several nurses and a physician struggling with fertility issues.

The hands on Mercier Therapy combined with wellness coaching are coinciding well together providing positive results. Wellcoaches uses a science-based approach to coaching based on research providing a platform of credibility for continuing the work of First Aid for Nurses. Adding coaching to the program has helped mitigate some of the very difficult psychological and emotional issues related to infertility.

Continuing to help nurses and health care professionals, with issues relating to fertility will be significant in helping reduce stress. The incidence of Infertility and difficulties with conception continue to be growing problems. There is research supporting the work of Dr. Mercier which demonstrates improving the ability to conceive after receiving Mercier Therapy treatment.

The board of directors has reviewed and approved this report.



Lynn Rekvig, MBA, BSN, CHWC,
Certified Mercier Therapy Practitioner
Founder and CEO, First Aid for Nurses, SBC
March 15, 2022



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OFFICE OF THE SECRETARY OF STATE
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Steve Simon

Steve Simon
Secretary of State