



HOSPICE  
RED RIVER VALLEY

Join us for a

## LUNCH & LEARN



with Hospice of the Red River Valley

Join us as we explore topics related to end-of-life care.

Lunch and Learns are held every other month on the second Tuesday of the month from noon to 1 p.m.

These events are free and open to all health care professionals. Space is limited. Participants may bring their own lunches; coffee and water will be provided.

**RSVP online at**  
**[bit.ly/hrrvlunchlearn](http://bit.ly/hrrvlunchlearn)**  
**by March 6.**

If you have questions, please send an email to [lunchlearn@hrrv.org](mailto:lunchlearn@hrrv.org).

## Topic and Presenter

### Military Sexual Trauma: Understanding, Recovery and Long-Term Effects

Susan Thompson, MSW, LICSW  
*Military Sexual Trauma Program  
Coordinator, VA Medical Center*

Attendees will learn the definition of Military Sexual Trauma (MST) and how to identify the physical and mental health symptoms that are commonly associated with MST. Participants will gain an understanding of why MST can be so toxic and of the long-term effects this type of trauma often has on a person.

## Date, Time and Location

Tuesday, March 13, 2018  
Noon-1 p.m.

For your convenience, Lunch and Learns will be held in five Hospice of the Red River Valley office locations:

**Fargo** – 1701 38th St. SW  
**Detroit Lakes\*** – 1111 Highway 10  
**Grand Forks\*** – 2860 10th Ave. N., Suite 400  
**Lisbon\*** – 415 Main St.  
**Valley City\*** – 1240 W. Main St.

*\*The Detroit Lakes, Grand Forks, Lisbon and Valley City offices will connect via videoconference to the Fargo office, where the live presentation will take place.*

## Additional Information

Hospice of the Red River Valley is an approved provider of continuing education for social workers in North Dakota. This program will be awarded 1 contact hour.