

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 attached sheet

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 Rekrvig, founder, FAEN  
Signature of Public Benefit Corporation's Chief Executive Officer

March 27, 2020  
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:

LRekrvig@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 M. Rekrvig (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

# Fifth Annual Benefit Report

## First Aid for Nurses, SBC

### January 1st, 2019 - December 31, 2019

With regard to the period covered by this report, January 1st, 2019, to December 31, 2019, 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:

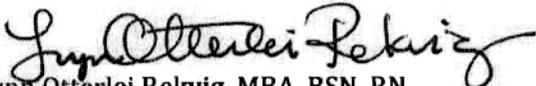
This past year, for a second year in a row, the niche for FAFN continued in working with women in healthcare who may be struggling with fertility issues. In 2018, I completed training for Mercier Therapy and was certified as a Mercier Therapist, trained by Dr. Jennifer Mercier in Copenhagen, Denmark. In 2019, I had the opportunity to train once again with Dr. Mercier, in Stockholm, Sweden, where she held a weeklong class. I completed the basic 3 day, hands on training course for Mercier Therapy and then, after the basic training, I also completed a 2 day course to become certified as a Mercier Fertility Specialist.

Mercier Therapy coincides well with another technique which I have also been trained in for many years, called Emotional Freedom Techniques, also known by the acronym, EFT. Using EFT along with Mercier Therapy has been very effective as there are many emotional difficulties that develop for women having difficulties with conception.

In the fall of 2018, I worked with my first client using Mercier Therapy and EFT. The client became pregnant in December of 2018, and had a baby girl born in September of 2019. I have continued to work with other women also in health care this past year.

Helping nurses and women in the health care profession with issues related to fertility will continue to be significant in helping reduce life stress. Issues with fertility and conception is a growing problem for many women. There is research supporting the work of Dr. Mercier shown to improve the ability to conceive after receiving Mercier Therapy. There is also a growing body of research related to EFT. There are now over 60 peer reviewed articles from 10 different countries in the world substantiating the efficacy of EFT.

The board of directors has reviewed and approved this report.

  
Lynn Otterlei Rekvig, MBA, BSN, RN  
Certified Mercier Therapist  
Certified Mercier Fertility Specialist  
Founder and CEO, First Aid for Nurses, SBC  
March 27, 2020



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**Original File Number 804594100032**

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OFFICE OF THE SECRETARY OF STATE  
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**03/31/2020 11:59 PM**

*Steve Simon*

Steve Simon  
Secretary of State