NORTH CENTRAL AHEC
A Wisconsin Area Health Education Center

RISING RURAL HEALTH LEADERS

Your Journey at a Glance

We know how full your schedule can be with classes, work, clinicals, family, & everything. That's why we've laid it all out for you here. You can engage meaningfully in this flexible program without having to rearrange your entire semester. If you want experiences that add to your learning rather than compete with it, this program is designed for you. Plus earn a $250 stipend!

When	Experience	What You'll Gain	# of hours	Details	Location
Dec 14, 2026	Virtual Orientation	A strong start, clear expectations, and connection with your cohort	1	6:00-7:30 pm	Online
Dec 2026–Jan 2027	Personalized Career Planning	Individual guidance and a customized plan for your Rising Rural Health Leadership experience	1	Schedule when it works for you	Virtual
Jan 21, 2027	Rural Health Leadership Institute	Leadership skills, networking experience, professional development, and new connections	6	9:30 am-2:30 pm	UW-Eau Claire
Jan–May 2027	Mentor Connections	Guidance and insight from an experienced peer in healthcare education	2	Schedule when it works for you	Virtual
Jan–March 2027	AHEC Connects	Practical skills in motivation, professional development, and emotional intelligence	6	1/25, 2/4, 3/1, & 4/19 6:00-8:00 pm	Virtual
Jan–May 2027	Rural Health Immersion	Firsthand experience exploring rural communities and healthcare	25	Choose one immersion that works for you. See options on pg. 2	Varies
Jan–May 2027	Hands-on Experience	Real-world exposure to a healthcare career or rural health issue	4	Schedule when it works for you	In-person
June 4, 2027	Leadership Launch & Celebration	Reflection, career planning, professional feedback, and recognition of your accomplishments	2	10:00 am-12:00 pm	Virtual

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Experience health care beyond the classroom

Choose one of four signature AHEC Community Health Immersion opportunities to explore communities, connect with health care professionals, and gain firsthand insight into the opportunities and challenges shaping health care in rural Wisconsin.

Title	Description	Dates	Location
ER: Emergency Reality in Rural Wisconsin	Emergency medicine makes for great television drama, but what's the reality here in rural Wisconsin? Explore themes like interdisciplinary team communication, provider mental health, and systems thinking & culminate the experience with a mass casualty incident exercise at a rural critical access hospital.	February 7 & 21, 2027 March 7 & 14. 2027 6:00-8:30 pm live online + April 3 9:30 am-5:30 pm in-person	Online & Menomonie
VetsCare: Veteran Health and Wellness	Witness firsthand the physical, mental, and social challenges veterans face in rural areas. Gain a deeper understanding of the complexities of veteran care and be equipped with the knowledge, tools, and resources to provide compassionate, culturally competent care to veterans in your future career.	May 18-20th, 2027	Eau Claire Area
Plain Community Health Culture	Experience Amish & Mennonite culture and rural health care. Explore how respect for culture can interact with health care and learn about the balance between cost of medical care and reduction of risk. Sites visited include public health department, fee-for-service, midwifery and family practice clinics, dental practices, and an Amish home and farm.	May 25-27, 2027	Marshfield Area
Life's Transitions: Birth, Death, and Community Health in the Chippewa Valley	Explore how access to care, culture, and community resources shape experiences of birth and death in northwestern Wisconsin. Engage with healthcare providers, doulas, hospice professionals, and cultural leaders to examine current gaps and innovations in care, and to better understand how teams are working to improve outcomes and support individuals across the lifespan.	May 22-23, 2027	Eau Claire Area