Erika Beetcher is nurse practitioner who lives and works in Rochester, Minnesota. She obtained her bachelors in nursing from the University of MN and later her master’s and doctorate degrees from Winona State University. She has worked as an NP in primary care, preventive and occupational medicine, radiation oncology, and psychiatry where she currently practices plus she teaches as adjunct faculty at a local college. Erika has 3 children with her husband Matt and loves seeking wellness through running, time in nature, mindfulness, and work-life balance.