



# PRESS RELEASE

info@ahna.org  
www.ahna.org  
(800) 278-2462  
Fax (785) 234-1713

November 21, 2018

FOR IMMEDIATE RELEASE

## **American Holistic Nurses Association Promotes Holistic Self-Care for Nurses through One-Day Regional Conference in Mt. Kisco, New York**

On February 21, 2019, the American Holistic Nurses Association will hold a regional conference entitled *Holistic Self-Care: Your Secret Power for Enhancing Patient Care* in Mt. Kisco at the Holiday Inn. Nurses will learn self-care skills they can use at home or at work, meet local holistic nurses, enjoy a healthy lunch and earn 6 CNE hours.

The following topics will be covered by local nurses:

- Mindfulness & Self-Compassion by Susan Raskin, MSN, RN, AHN-BC
- Pleasure & Power of Essential Oils for Self-Care by Toyoko Yasui, MS, RN, AHN-BC, HWNC-BC, OCN, CCAP, CHTP
- Energy Healing as a Self-Care Practice by Virginia Bartlett LMT, HTCP
- Yoga for Better Balance, Energy & Well-Being by Toni Russo, MS, RN, CNS
- Resilience & Joy in the Journey by Dorinda Gay

The American Holistic Nurses Association's Education Provider Committee is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center Commission (ANCC) on Accreditation. Provider approved by the California Board of Registered Nursing, Provider #1044.

The conference starts at 9 AM and ends at 5 PM. Registration is \$90 and includes lunch and 6 CNEs. Fees increase to \$105 after Tuesday, February 14, 2019. To register for the conference, visit <http://www.ahna.org/Regionals>

### **About the Keynote Speaker**

The Keynote speaker will be Roxane R. Chan PhD, RN, AHN-BC, LMT. Her topic is *Holistic Self-Care: Your Secret Power for Enhancing Patient Care*.

Roxane is an Assistant Professor at Michigan State University where she focuses on teaching, curriculum design and researching contemplative and integrative interventions. She is a Board Certified Advanced Holistic Nurse, a licensed massage therapist, Reiki master and trained provider of Mindfulness Self-Compassion. Roxane also maintains her own practice, Chan Body Energy, LLC where she works with individuals and groups in the community.

Roxane Raffin Chan is an AHNA Board Member, earning her BSN from Northern Illinois University, Masters of Science in Nursing Administration from the University of Illinois at Chicago, and her PhD in Health Promotion and Health Risk Reduction from the University of Michigan.

Roxane has conducted several funded research projects and the Principal Investigator of an NIH funded study, she established long-standing meditation support groups in two major health care systems. Her current work with researchers at the IBM Watson center successfully developed software that assists people with chronic obstructive pulmonary disease (COPD) to participate in meditation.



## **About AHNA**

The American Holistic Nurses Association (AHNA) is a non-profit specialty nursing professional membership organization that serves as the definitive voice for registered nurses who practice holistic nursing.

Founded in 1981, AHNA's primary mission is to advance holistic nursing through Practice, Community building, Advocacy, Research and Education. The association is dedicated to the continued development of evidence-based holistic research, self-care methods for nurses and non-pharmacological pain management. AHNA offers networking opportunities to its members along with continuing nursing education through webinars, self-study programs, publications, conferences, and scholarship and grant opportunities.

AHNA currently services more than 5,000 members through 146 local chapters in the U.S. and abroad. Holistic nursing is recognized by the American Nurses Association as an official nursing specialty with both a defined scope and standards of practice.

The American Holistic Nurses Association's Education Provider Committee is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center Commission (ANCC) on Accreditation.

Provider approved by the California Board of Registered Nursing, Provider # 1044.



**For additional information, contact:**

Casey Bohannon

[Communications@ahna.org](mailto:Communications@ahna.org)

800-278-2462