American Holistic Nurses Association Promotes Holistic Self-Care for Nurses through One-Day Regional Conference in Denver, CO

On October 5, 2018, the American Holistic Nurses Association will hold a regional conference entitled *Holistic Self-Care: Your Secret Power for Enhancing Patient Care* in Denver, CO at the Lowry Conference Center. Nurses will gain new self-care skills they can use at home or work.

About the Conference

This one-day conference offers the chance to network with local holistic nurses, share self-care skills and receive 6 continuing nursing education contact hours. Attendees will discover applicable self-care skills.

Conference starts at 9AM and runs until 5 PM. Registration costs $90 and includes lunch and 6 CNEs. Fees increase to $105 after Friday, October 5. To register for the conference, visit [http://www.ahna.org/Regionals](http://www.ahna.org/Regionals)

About the Keynote Speaker

The Keynote speaker will be Elizabeth Scala, MSN/MBA, RN. Elizabeth earned a Bachelors in Psychology and a Bachelors in Nursing from the University of Delaware and an MSN/MBA from Johns Hopkins University. She is currently the Research Program Coordinator for The Johns Hopkins Hospital. Elizabeth is a Board Certified Holistic Health Practitioner, Reiki Master, Health Coach, keynote speaker, and bestselling author. She is the founder of The Art of Nursing, owner of Nursing from Within™ and most recently, hosts podcasts for Your Next Shift and RNFMRadio. Elizabeth is a member of AHNA and is the Nurse Entrepreneur Chapter Leader; she has spoken at several chapter meetings across the mid-Atlantic region.

Elizabeth’s most recent speaking engagement was as the Keynote Speaker at the Clinical Nurse Leader Association Conference in Charlotte, North Carolina (September 2016) and most recent publication was ‘Stop Nurse Burnout’. Elizabeth has published several books and is currently a
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.

Provider approved by the California Board of Registered Nursing, Provider # 10442.

For additional information, contact:
JACOB WINGARD
Communications@ahna.org
800-278-2462