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FOR IMMEDIATE RELEASE

American Holistic Nurses’ Association Forming Delegation to Cuba

At the invitation of Idalmis Infante-Ochoa, President of the Cuban Society of Nursing, the American Holistic Nurses’ Association is forming a nurses delegation to visit Cuba and meet Cuban nursing colleagues. During this trip, AHNA nurses will learn about the role of Cuban nurses in health care delivery and the unique challenges of Cuban life and limited resources. The AHNA Delegation leader will be Lourdes Lorenz, AHNA President-Elect, who is also fluent in Spanish.

The goals of the delegation and initial topics of discussion for the meetings and site visits have been preliminarily identified as the following:

- Holistic Nursing: An Intentional Model for Caring
- New roles developing for Holistic Nurses in the United States
- Contemplative Practices for Self-Care
- Integrating Holistic Therapies within Nursing Practice

In the hopes of encouraging as much participation as possible, AHNA would like to extend this invitation to any nurse who wishes to join the delegation.

The estimated cost per delegation member is $4895 USD. This cost includes round-trip international air arrangements between Miami and Havana; group transportation, Cuban Visa and license to travel to Cuba for US Citizens; meeting planning, accommodations in double-occupancy rooms, most meals and general costs associated with participation.

For those interested in sharing the experience in Cuba, a parallel program of people to people activities will be developed for accompanying guests. Guests will experience the culture and lifestyle of Cuba, through interactions with the people of Havana. Accompanying guest costs are the same.

Due to the extensive planning and communication involved in coordinating a program of this nature, please respond with intentions regarding attendance as soon as possible. For questions please call Professionals Abroad at 1-877-298-9677 or click here to be directed to their website. Interested parties can also visit professionalabroad.org and search for American Holistic Nurses Association delegation. A $500 deposit is required to reserve a place.
This delegation will convene in Miami, Florida on December 5, 2016 and depart for Cuba. Return to the United States is scheduled for December 10, 2016.

Traveling to Cuba

Although the US and Cuba are moving rapidly towards normalizing relations, travel to Cuba remains restricted by the Office of Foreign Assets Control (OFAC) of the United States Treasury Department. This delegation will be travelling under OFAC regulation 31 CFR §515.564 General license for professionals. This license supports our access to the highest level professionals in Cuba.

About AHNA

At its founding in 1981, the American Holistic Nurses Association (AHNA) adopted as its primary mission the advancement of holistic healthcare by increasing awareness and promoting education as well as personal community-building among nurses, other healthcare professionals and the public. This non-profit professional membership organization is becoming the definitive voice for holistic nursing for registered nurses and other holistic healthcare professionals around the world. Holistic nursing focuses on integrating traditional, complementary and alternative treatment opportunities to improve the physical, mental, emotional and relational health of the whole person.

AHNA delivers valuable resources, improves educational tools, and offers superior networking opportunities to a vibrant and expanding universe of healthcare professionals. AHNA currently services almost 4,500 members through 143 local chapters/networks 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.

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