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FOR IMMEDIATE RELEASE

Holistic Stress Management for the 21st Century, Integral Approach Workshop Featured at Holistic Nurses Conference

The American Holistic Nurses Association will be hosting a presentation on “Holistic Stress Management for the 21st Century” on Tuesday, May 31, 2016 from 8:30 am to 5 pm in Bonita Springs, Florida at its 36th annual conference. This educational lecture and workshop will teach nurses skills to manage their stress effectively beyond the flight or fight responses. It offers a dynamic approach to stress management that combines the healing powers of the conscious and unconscious minds and calms the conflict between the ego and soul. This method called Holistic Stress Management applies effective coping and relaxation techniques that honor the integration of balance and harmony between all functions of a human body.

World renowned Holistic speaker, Brian Luke Seaward, PhD, has been teaching stress management techniques for more than 20 years. Those who have listened to his talks include students from the Universities of Maryland, Colorado, Northern Colorado and the American University. Dr. Seaward also spoke before the White House Staff between 1990-94, teaching various heads of state about stress management techniques and coached Olympic athletes on relaxation. He remains a popular speaker to date with several corporate contracts from companies like Hewlett Packard and speaking at conferences from the National Wellness Institute, American Journal of Health Promotion and the Institute of Noetic Sciences to the National Fibromyalgia Association and Healing Touch International.

Dr. Seaward’s presentation is a full-day Tuesday, (E01) pre-conference workshop offered for 6 contact nursing hours at a price of $240.00. It will be held at the Hyatt Regency Coconut Point Resort and Spa in Bonita Springs. To learn more about attending this presentation, visit www.ahna.org/register. AHNA’s Education Provider Committee is accredited as a provider of continuing nursing education by the American Credentialing Center’s COA. Provider Approved by the California Board of Registered Nursing, Provider #10442.

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 professional specialty nursing 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 integrative 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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