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FOR IMMEDIATE RELEASE

American Holistic Nurses Association Promotes Holistic Self-Care for Nurses through One-Day Regional Conference in Las Vegas, Nevada

On November 9, 2018, the American Holistic Nurses Association will hold a regional conference entitled Holistic Self-Care: Your Secret Power for Enhancing Patient Care in Las Vegas, NV at the UNLV Richard Tam Alumni Center. Nurses will gain self-care skills they can use at home or with patients. The following topics covered will be, Mindfulness and Self-Compassion by Dave Tyrell, BSN, RN; the Pleasure & Power of Essential Oils by Michelle McGrorey, BSN, RN, OCN, HTCP, CA; Energy Healing as a Self-Care Practice by Deborah L. McKinney, BSN, RN, OCN; Movement for Balance, Energy & Well-Being by Jessica Thiel, RN and Resilience and Joy in the Journey by Catie Chung, PhD, RN, CNE.

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.

- The Power & Pleasure of Essential Oils
- Mindfulness & Compassion for Self-Care
- Energy Healing as a Self-Care Practice
- Movement for Better Balance, Energy & Well-Being
- Joy in the Journey

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.
Conference starts at 9 AM and runs until 5 PM. Registration costs $90 and includes lunch and 6 CNEs. Fees increase to $105 after Friday, November 2. To register for the conference, visit 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 RNFM Radio. 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 has published several books and is currently a contributor to several Holistic Health articles, newsletters and for Scrubs Magazine. Elizabeth also contributes monthly to www.nursetogether.com and is a monthly blog writer for several websites including https://onlinenursepractitionerprograms.com/, https://www.healthecareers.com/, and https://staffgarden.com/.

![Image of Elizabeth Scala](image)

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.

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

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