



# PRESS RELEASE

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FOR IMMEDIATE RELEASE:

## **American Holistic Nurses Association Promotes Holistic Self-Care for Nurses through One-Day Regional Conferences in Irvine, CA**

On November 14 and again on the 15, 2019, the American Holistic Nurses Association will hold Regional Conferences entitled *Holistic Self-Care: Your Secret Power for Enhancing Patient Care* in Irvine, CA at the University of California Irvine, Student Center, Pacific Ballroom Level 1. 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 educational topics will be covered:

- Pleasure & Power of Essential Oils for Self-Care
- Resilience & Joy in the Journey
- Mindfulness & Self-Compassion
- Energy Healing as a Self-Care Practice
- Movement: Letting the Body Lead

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.

Each day the conferences will start at 9 AM and end at 5 PM. Registration is \$90 and includes lunch and 6 CNEs. Fees increase to \$105 after Thursday, November 7, 2019. The conference will be held at the University of California Irvine, Student Center, Pacific Ballroom Level 1. 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 and her topic is *Holistic Self-Care: Your Secret Power for Enhancing Patient Care*.

Roxane Raffin Chan earned a Bachelor's of Science in Nursing 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 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 has conducted several funded and unfunded research projects. As 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. This work, “MindfulWatch: A Smartwatch-Based System for Real-Time Respiration Monitoring During Meditation”, was published in 2017 in the Journal of interactive, mobile and ubiquitous technologies. She frequently presents at national and international conferences. Her upcoming presentation focuses on integrative nursing curriculum; “Embodied nursing pedagogy: Walking a mile in the patient's shoes,” will be presented at the Association for Contemplative Mind in Higher Education Conference. Roxane sits on the Board of Directors for the Ann Arbor League of Women Voters, several university level committees and is the Educational Chair for AHNA’s Education Approver Committee.



#### **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 5,500 members through 166 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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