



# PRESS RELEASE

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FOR IMMEDIATE RELEASE

## **American Holistic Nurses Association Promotes Holistic Self-Care for Nurses through One-Day Regional Conference in Spring City, Pennsylvania**

On February 19, 2019, the American Holistic Nurses Association will hold a regional conference entitled *Holistic Self-Care: Your Secret Power for Enhancing Patient Care* in Spring City, PA at the Innabah Camp & Retreat Center. 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 topics will be covered by local nurses:

- Mindfulness & Self-Compassion by Elizabeth Loeper, MSN, RNC-OB, CNE, AHN-BC
- Pleasure & Power of Essential Oils for Self-Care by Beth Mathews, RN
- Forest Therapy as a Self-Care Practice by Margaret Brown, AHN-BC, HWNC-BC, RM
- Movement for Better Balance, Energy & Well-Being by Carol Dougherty, RN, MQP, CNHP
- Resilience & Joy in the Journey by Todd Pressman, PhD

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.

The conference starts at 9 AM and ends at 5 PM. Registration is \$90 and includes lunch and 6 CNEs. Fees increase to \$105 after Tuesday, February 12, 2019. To register for the conference, visit <http://www.ahna.org/Regionals>

### **About the Keynote Speaker**

The Keynote speaker will be Jalma Marcus RN, BS, MS, HNB-BC, CBP, AT, CLSE. Her topic is *Holistic Self-Care: Your Secret Power for Enhancing Patient Care*.

Jalma has been a member of AHNA since 2007. She is an author, speaker, educator and certified Holistic Nurse. She received her Bachelor and Masters from Boston University School of Nursing and is also a Certified BodyTalk Practitioner, Advanced PaRama Practitioner, Access Instructor, Certified Life Style Educator, and Accunect Practitioner. She has held faculty and leadership positions at Boston College, Villanova University and presently at Immaculate University in Holistic Nursing.

Jalma has clinical, leadership experience in quality, medicine, surgery, trauma and psychiatry. She serves on the AHNA Board of Directors, is in private practice and is the author of the Quantum Alignment System, a mind body and spirit approach to facilitating organizational health. Her past roles include, Co- Chair of the Practice, H.E.A.L.T.H Advocacy Committees. She has been a leading force in supporting holism and Holistic Nursing.



## **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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