



# Holistic

## Self-Care Conference for Nurses

**Baltimore, MD 9•18•2020**

### *Deepen Your Self-Care Skills*

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

### *HOLISTIC SELF-CARE: YOUR SECRET POWER FOR ENHANCING PATIENT CARE*

**KEYNOTE: AHNA President-Elect  
Elizabeth Scala MSN/MBA, RN, HNB-BC**



AMERICAN  
*Holistic*  
Nurses  
ASSOCIATION

AHNA is accredited as a provider of continuing education by the American Nurses Credentialing Center's COA. Provider approved by the California Board of Registered Nursing Provider #10442.



## CONFERENCE REGISTRATION

**Friday, September 18, 2020  
8:30 AM - 4 PM**

**Irvine Nature Center  
11201 Garrison Forest Rd.  
Owings Mills, MD 21117**

**6 CNE, Lunch & Networking  
\$90 through Sept. 11, 2020  
\$105 after Sept. 11, 2020  
[www.AHNA.org/Regionals](http://www.AHNA.org/Regionals)**

