



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 Lyndhurst, Ohio

On October 19, 2019, the American Holistic Nurses Association will hold a Regional Conference entitled *Holistic Self-Care: Your Secret Power for Enhancing Patient Care* in Lyndhurst, Ohio at the Cleveland Clinic, Center for Integrative Medicine. 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 by Angela Hamm, BSN, RN, HNB-BC, HWNC-BC
- Radiance of Reiki: The Path to Self-Compassion by Buddy Ross, ND, MS, BSN, RN, HNB-BC
- Yoga for Better Balance, Energy & Well-Being by Vern Sherrill
- Resilience & Joy in the Journey by Rose Hosler, RN, BSN, HNB-BC, HWNC-BC
- Mindfulness & Self-Compassion by Sandra Zampino RN, HNBC

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 Saturday, October 12, 2019. The conference will be held in the Center for Integrative Medicine at the Cleveland Clinic 1950 Richmond Rd, Lyndhurst, OH 44124. To register for the conference, visit <http://www.ahna.org/Regionals>

About the Keynote Speaker

The Keynote speaker will be Margaret (Maggie) O'Brien King, PhD, RN-BC, AHN-BC, CNL and her topic is *Holistic Self-Care: Your Secret Power for Enhancing Patient Care*.

Margaret (Maggie) O'Brien King earned her Bachelor of Science and Master of Education from Loyola University in Chicago, IL. She earned her Master of Science in Nursing from Wright State University in Dayton, OH and her PhD from Clayton College in Birmingham, AL. Maggie is currently Professor Emerita and former Associate Director of the BSN Program, School of Nursing at Xavier University, Cincinnati, OH. She was responsible for the development of a nursing curriculum at Xavier University incorporating the Scope and Standards of Holistic Nursing and recognized by AHNCC as one of the first two schools offering a nursing curriculum that would enable graduates to obtain Holistic Nurse Certification.

Maggie was recognized as the 2015 recipient of the AHNA Lifetime Achievement Award for her contributions and volunteer work with AHNA, including the preparation of a 60-minute and a 120-minute PowerPoint, discussing holistic nursing for distribution to Schools of Nursing. Maggie has been a Sharing Circle Facilitator at AHNA's Annual Conference for many years and continues to serve as the Co-Lead Facilitator. Maggie also serves on the AHNA Education Provider Committee as the Beginnings Team Leader that facilitates CNE for a selected article in every Beginnings issue and is an Associate Editor for the *Journal of 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 5,500 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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For additional information, contact:

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