



# 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**



# SAVE THE DATE

**Friday, September 18, 2020**



AMERICAN  
*Holistic  
Nurses*  
ASSOCIATION

Friday, September 18, 2020  
9AM to 4:30PM

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

**6 CNE, Lunch & Networking**  
**\$90 before Sept. 11, 2020**  
**\$105 after Sept. 11, 2020**



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.

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