



# PRESS RELEASE

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FOR IMMEDIATE RELEASE:

## AHNA Promotes Holistic Self-Care for Nurses through One-Day Regional Conference in Little River, SC

On March 31, 2023, the American Holistic Nurses Association will hold a Regional Conference entitled *Holistic Self-Care: Your Secret Power for Enhancing Patient Care* in Little River, South Carolina at the C.B. Berry Recreational 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 contact hours.

The following educational topics will be covered:

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



The conference starts at 9 AM and ends at 5 PM. Registration is \$90 and includes lunch and 6 CNEs. Registration fees increase to \$105 after Friday, March 24, 2023. The conference will be held at the C.B. Berry Recreational Center located at 2250 SC-179 Little River, SC 29566. To register for the conference, visit <http://www.ahna.org/Regionals>.



The American Holistic Nurses Association's Education Provider Committee is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Provider approved by the California Board of Registered Nursing, Provider #1044.

### About the Keynote Speaker

The Keynote speaker will be AHNA President Linda Thomas, PhD, APRN, FNP-C, NPD-BC, CCRN, CHTP/I, HTAP presenting on the topic, *Holistic Self-Care: Your Secret Power for Enhancing Patient Care*.

Linda Thomas earned her nursing diploma from Orangeburg Regional Hospital School of Nursing, a Bachelor of Nursing from the University of North Carolina at Chapel Hill, her Master of Nursing and Doctor of Philosophy in Nursing at East Carolina University. In her 46 years of nursing experience, Linda has held many positions, including nursing educator positions within the hospital and as an Assistant Professor of Nursing at Western Carolina University. She has also been an O.R. Supervisor, CCU Assistant Manager, ICU/CCU Staff Nurse, Paramedic Instructor, Camp nurse, Pulmonary Case Manager, and a

certified Healing Touch Practitioner and Instructor and a Healing Touch for Animals Practitioner. Currently, Linda is a Nurse Educator and part-time ICU staff nurse at the Harris Regional Hospital and Director/Owner of Helping to Heal Lives Holistically in Sylva, NC.



### **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 5,300 members through 122 local chapters in the U.S. and abroad. Holistic nursing is recognized by the American Nurses Association as an official nursing specialty with a defined scope and standards of practice.

### **For additional information, contact:**

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