American Holistic Nurses Association Promotes Holistic Self-Care for Nurses through One-Day Regional Conference in New Orleans, Louisiana

On January 18, 2019, the American Holistic Nurses Association will hold a regional conference entitled Holistic Self-Care: Your Secret Power for Enhancing Patient Care in New Orleans, LA at the Children’s Hospital. 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 Randy Rosamond RN, MPH
- Pleasure & Power of Essential Oils by Vivian Stillwell Torres RN, CNOR, CRR
- Energy Healing as a Self-Care Practice by Stacey Melling, RN, BSN, CHTP, CWK
- Movement for Balance, Energy & Well-Being by Paige Pecoul
- Resilience & Joy in the Journey by Sue Delaune MN, RN, CNE

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 Friday, January 11. To register for the conference, visit http://www.ahna.org/Regionals

About the Keynote Speaker

The Keynote speaker will be Lourdes Lorenz-Miller RN, DHA(c), MSN-IH, AHN-BC, NEA-BC. Her topic is Holistic Self-Care: Your Secret Power for Enhancing Patient Care.
Lourdes is the President of the American Holistic Nurses Association, and has been a member since 2006. She also serves on the American Holistic Nurses Credentialing Corporation’s Advisory Committee and is a member of the American Integrative Holistic Medicine Academy.

Lourdes has been an RN for 32 years and has extensive experience in critical care and healthcare administration. She is board certified as an Advanced Holistic Nurse and an Advanced Nurse Executive; a Healing Touch apprentice; a Health Improvement Specialist at Mountain Area Education Center, and the CEO for the International Integrative Health Institute. Prior to working at the IIHI, Lourdes created and implemented the Integrative Health department that provides holistic nursing inpatient and outpatient services at a large Level I Trauma hospital in Asheville, NC.

A nationally recognized speaker, Lourdes has presented for the American Holistic Nurses Association, the Oncology Nursing Society Congress, the American Society of Clinical Hypnotherapy, and the Healing Touch Worldwide Program.

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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Provider approved by the California Board of Registered Nursing, Provider # 10442.

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