Madonna
Now you can.®

Integrative Health Conference

March 30, 2012 • 7:30 a.m.—3:30 p.m.
Madonna Rehabilitation Hospital, Sheridan Rooms
5401 South Street, Lincoln, Nebraska

Discover how evidence based complementary practices can be integrated with traditional health services.

Good health is much more than the absence of illness. It's living your life in balance by managing stress, eating nourishing foods, having strong, supportive relationships and using the bounty of resources that are available to you through traditional and complementary medicine.

This workshop will help you understand the underlying causes of chronic illness and demonstrate several holistic interventions you can use to live a better, healthier life.

Register Now

Registration deadline is March 23, 2012, space is limited!

6.5 Contact Hours

Madonna Rehabilitation Hospital will issue 6.5 contact hours for those individuals attending the entire conference.

Holistic approach to healthcare reform

1. Describe the correlation between obesity trends and chronic illness in the United States
2. Describe how complementary and traditional health care can be delivered in an integrated model
3. Examine a personal approach to maintaining health

Paul Nathenson RN, ND, Vice President of Community Services and Integrative Health at St. Jane de Chantal Long Term Services

Dr. Andrew Bohart, physician at Southeast Lincoln Family Medicine

A natural approach to the management of anxiety and stress

1. Describe the general use of herbs and supplements in the management of anxiety and stress
2. Identify the steps to finding a quality product and using herbs and supplements safely

Teri Gabel, Pharm.D., BCPP, MH Dipl has her own consulting business, Drug Therapy Consultants, PC and is employed at the VA NWI Health Care System

Scents for healing: Aromatherapy

1. Define four properties of essential oils and their use
2. Identify three methods of essential oil application and three safety practices in use of essential oils

Sonja Simpson, RN, MSN, Faith Community Nurse Messiah Lutheran and First Presbyterian Church

A simple path to women's wellness

1. Describe how women's biological make up and health issues differ from men
2. Explain the key nutrients necessary to support women's health
3. Identify simple lifestyle changes that promote women's health and wellness

Nancy Nathenson, RRT, Madonna Rehabilitation Hospital, Holistic Life Coach, Certified Lymphatic Enhancement Technologist

Massage therapy

1. Examine the benefits of massage therapy
2. Discuss types of massage and their therapeutic benefits

Cheree Buesing LMT, BAS, Licensed massage therapist at Madonna Proactive and manager at Soteria Massage and Bodywork

The therapeutic benefits of Yoga

1. Discuss how the practice of yoga affect the body's systems
2. Explore therapeutic yoga postures

Julie Brummer has her masters in human relations and advanced education in yoga instruction. Julie is employed at Madonna Proactive as a yoga instructor.

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Continuing Education Information:

Target audience: Nursing, allied health professionals, interested individuals

Contact hours: Madonna Rehabilitation Hospital will issue 6.5 contact hours for those individuals attending the entire conference.

Madonna Rehabilitation Hospital is an approved provider of continuing nursing education by the Nebraska Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Code # NE11-14H38-212

The planners and presenters of this educational activity have no real or perceived conflict of interest.

The provision of continuing education hours does not imply that Madonna Rehabilitation Hospital, Nebraska Nurses Association or the American Nurses Credentialing Center's Commission on Accreditation approve or endorse any commercial product in connection with the educational activity.

How to register:

Send check to:
Madonna Rehabilitation Hospital
Education Department, M. Stoner
5401 South Street
Lincoln, NE 68506

Fax with credit card payment to:
Madonna Rehabilitation Hospital
(402) 486-8381

Registration deadline: March 23, 2012

Madonna Employees: To register please contact your immediate supervisor. Your supervisor will email your name to Education Department or call ext. 6550. No charge for MRH employees.

Cost: $25.00 for external participants

Seating is limited to 70 participants. Box lunch provided.

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