

Ohio
NAPNAP
Fall Conference
October 21, 2017



Self-Care for PNP's:
Caring for Yourself First
Cincinnati, OH



Agenda

Conference Objective:

Attendees will be able to verbalize the impact of self-care on their personal health and identify methods of self-care to be included in their daily activities.

7-7:45am	Registration/Breakfast
7:45-8am	Welcome/Business Meeting
8-9am	How to Combat Compassion Fatigue & Burnout Karen Bankston, PhD, MSN, FACHE Associate Dean, University of Cincinnati, College of Nursing
9-9:15am	Break
9:15-10:15am	Stress Reduction Techniques for Health Care Professionals Eleanor Glass, MD
10:15-11:15am	Optimizing Nutrition for the Busy Health Care Professional Bonnie Brehm, PhD, RD, LD Professor, University of Cincinnati College of Nursing Nutrition Coordinator, University of Cincinnati, College of Medicine
11:15am-noon	Yoga for Self-Care Ian Forsgren, Yogi, Reiki Practitioner The Yoga Bar
Noon-1pm	Lunch
1-2pm	Healing Touch for Self-Care Theresa Kajs, PhD, HTCP/I Institute for Healing Therapies
2-3pm	Introduction to Essential Oils Nicole Garritano, DNP, APRN, CPNP-AC Director, DNP Program, University of Cincinnati, College of Nursing
3-3:15pm	Break
3:15-4:15pm	The Importance of Daily Meditation & Mindfulness Practices Geraldine Wu, MD Integrated Behavioral Services, Inc. Volunteer Faculty of Integrative Medicine, University of Cincinnati, College of Medicine
4:15-4:30pm	Close

This program is approved for 6.75 NAPNAP contact hours of which 0 contain pharmacological content per the National Association of Pediatric Nurse Practitioners continuing education guidelines. This conference is without bias of any commercial product or drug. Disclosures: Planners & presenters have no conflict of interest related to this program.

Hotel Information

**Courtyard by Marriott
Cincinnati Midtown/Rookwood
3813 Edwards Road
Cincinnati, OH 45209**

Hotel Reservation Options (Group Rate is \$144 per night; taxes addtl; must book by [9/20/2017](#))

1. Booking Online – Click/enter www.marriott.com/cvgnw to go to the website for the Courtyard by Marriott Cincinnati Midtown Rookwood. Enter the dates and the following code specific for your group **OHNOHNA (King Room) or OHNOHNB (Two Queen beds)** into the box labeled “Group Code”
2. Contact the hotel reservation line at [1-800-533-0619](tel:1-800-533-0619) and reference the group name “Ohio NAPNAP 10.20”
3. Click on the link [Book your group rate for Ohio NAPNAP 10.20](#)

Registration

Registration BEFORE 10/7/17	NAPNAP Member	Nonmember	Student Fees
Saturday	\$100	\$150	\$50 (with faculty letter)
Registration AFTER 10/7/17			
Saturday	\$200	\$250	

Registration will close on 10/14/17 and there will be NO onsite registration.

Name: _____ Phone: _____

Address: _____ Email: _____

_____ Special Diet: Y/N _____

Current NAPNAP Member: Y/N if yes, # required _____

PHOTO RELEASE STATEMENT: NAPNAP may take photographs during the conference. The photographs may be used for NAPNAP's newsletter, publications or media releases or website. NAPNAP does not intend to use these photographs in any manner other than for the purposes stated above. Please indicate your permission for NAPNAP to use your photograph in this manner during your online registration or by signing the release statement on the registration form. If you do not indicate a preference, we will assume you DO give your permission.

I DO or DO NOT give permission for my image to be used as described above.

Signature: _____

Please mail registrations and checks to:
Ohio NAPNAP
9171 Forest Trail Avenue
Massillon, OH 44647

Register Online:
[Ohio NAPNAP](#)