

**10:15 a.m. – 11:45 a.m.**

**Concurrent Session 1F**

**Holistic Nursing: Healing for Yourself and Your Patients**

This workshop will present an overview of Stress Management and how to successfully handle it by incorporating many new and exciting holistic practices.

Participants will have an opportunity to learn how a holistic approach can benefit their patients and contribute to their own self-care in a stressful health care environment.

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