2018 Mayo Clinic
HOLISTIC HEALTH AND WELL-BEING CONFERENCE
Engaging Body, Mind, and Spirit

Pre-Conference Workshops – Wednesday, July 18, 2018

MAYO CLINIC, SIEBENS BUILDING, PHILLIPS HALL
ROCHESTER, MINNESOTA
WEDNESDAY- FRIDAY, JULY 18-20, 2018

NURSINGCONFERENCESMN.MAYO.EDU

Provided by Mayo Continuing Nursing Education
**PRE-CONFERENCE WORKSHOPS – JULY 18, 2018**

**Navigating Nutrition: A Roadmap of Nutrition Controversies, Trends, and Practices**  
Dan Abraham Healthy Living Program Staff  
7:30 am – 11:30 am at Dan Abraham Healthy Living Center  
3 ANCC nursing contact hours*  
**FEE:** $75 (Includes lunch) (no discounts apply)

Is there an “optimal diet” for health and wellness? Nutrition and mindfulness play an important role in health and wellness. The Healthy Living Program pre-conference presentations will review popular food and diet trends, nutrition controversies, and what research shows to either support or debunk. Mindful eating practices improve the eating experience, decrease food intake, and help one get in touch with hunger and fullness signals. Learn from expert registered dietitians how to incorporate these practices into your own life or your patients’ lives, building awareness of the how and why we eat.

**Clinical Aromatherapy for Pain & Well-Being**  
Denise Joswiak, BSN, RN, HNB-BC  
7:30 am – 11:30 am at Siebens Building  
4 ANCC nursing contact hours*  
**FEE:** $100 (no discounts apply)

In this session we will learn essential oil facts, therapeutic uses, and safety considerations. We will explore research regarding essential oil use and benefits in healthcare. We will discuss the use of oils for immunity, pain and wellbeing. Each participant will have the opportunity to create their own oil blend.

**Living a Purpose-Full Life: What is in Your Well?**  
Brent G. Larson  
8:00 am – 11:15 am at Siebens Building  
3 ANCC nursing contact hours*  
**FEE:** $75 (no discounts apply)

Do you wander aimlessly through life, or do you have a solid sense of where you are going and why you do the things you do? Research has begun to show that people who have a greater sense of purpose are more likely to outlive their peers who lack that sense. They may also be able to weather the effects of stress better and lead healthier lives.

This hands-on, interactive workshop will introduce you to some of the research around the importance of purpose in life as well as tools and strategies that will help you begin to find that sense of purpose.

**Self-Myofascial Release for Health Care Practitioners**  
Desiree J. Ahrens & Jane T. Hein, PT  
8:00 am – 11:00 am at Dan Abraham Healthy Living Center  
3 ANCC nursing contact hours*  
**FEE:** $75 (no discounts apply)

Discover how self-myofascial release can help reduce pain and maximize mobility. After a discussion of the current theories and practices behind self-myofascial release, participants will learn techniques with a variety of tools that can be taught to patients and experience a self-myofascial release flow.

*ANCC nursing contact hours are awarded for full attendance and completion of the evaluation for each workshop.

**COURSE DESCRIPTION**

The 2018 Mayo Holistic Health and Well-Being Conference will be a unique experience that includes evidence-based overviews of health and well-being approaches for mind, body, and spirit. Health promotion and disease prevention are important for transforming healthcare; this conference will introduce participants to several strategies for self-care and for engaging patients in health and wellness. The latest research on stress management and resilience, nutrition, movement, and health behavior change will be presented by expert clinicians and researchers. This conference will offer lectures and experiential sessions on a variety of holistic well-being practices.

**REGISTRATION FEES**

2.5 day conference $325  
(Additional cost for pre-conference workshops.)

**CONFERENCE GOALS**

- Identify the role of body, mind, and spirit in health and wellness
- Discuss current background for approaches to holistic health and wellness
- Explore holistic wellness practices for self-care and for engaging in conversations with patients
- Experience a variety of holistic wellness practices

**CONFERENCE HIGHLIGHT**

**Dear Body, Love Me: A Celebration of SHE** is a three-act performance that focuses on how women feel about their bodies. It is an example of the power personal and creative expression has to heal the body, mind and spirit.

**INTENDED AUDIENCE**

The pre-conference workshops and conference are designed for nurses and other healthcare professionals interested in holistic wellness.

**CONTINUING EDUCATION CREDIT**

Participants can earn up to 13.75 ANCC nursing contact hours for attendance at the conference, commensurate with the extent of their participation in the activity and completion of the evaluation.

In support of improving patient care, Mayo Clinic College of Medicine and Science is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

**CANCELLATION POLICY**

If you cancel your participation in this conference, your registration fee, less an administrative fee, will be refunded when written notification is received by Mayo Continuing Nursing Education before June 27, 2018 (e-mail: cne@mayo.edu). **No refunds will be made on or after June 27, 2018.** Mayo Continuing Nursing Education reserves the right to cancel or postpone any conference due to unforeseen circumstances. In the unlikely event Mayo Continuing Nursing Education must cancel or postpone this conference, Mayo Continuing Nursing Education will refund the registration fee, but is not responsible for any related costs, charges, or expenses to participants, including fees assessed by airline/travel/lodging agencies.