



Nurse, Help Thyself: A Multimodal Approach to Personal & Professional Change

Friday, Oct. 2, 2009, 8a-4:30p

Hilton Garden Inn, Burlington, MA

5 Wheeler Rd, Burlington MA 01803

5 RN contact hours awarded by MARN, an accredited provider of continuing nursing education by the American Nurses Association Credentialing Center

To register, detach and mail with payment of \$180 payable to the Center for Cancer Support & Education, 180 Massachusetts Ave, Ste 301, Arlington MA 02474 or call 781-648-0312

Name: _____

Address: _____

Affiliation: _____

Email: _____

Phone: _____

**For more information call the Center for Cancer Support & Education (CCSE): 781-648-0312
CCSE is a Nurse-founded, Nurse-run organization! Attending this conference supports us!**

- **Begin a journey to restore yourself**
- **Spend a day with nurse colleagues**
- **Share the experiences of being a nurse**
- **Learn about complementary therapies**
- **Benefit yourself and your patients**

The first step to self-renewal is to listen to one's own story and hear it with gentle ears.

Sample alternative therapies you can apply in your personal and professional life experiences.

- Keynote: Maintaining Wholeness: Placing Ourselves at the Center of Compassion by Anne-Marie Barron PhD, PMHCNS-BC Simmons College
- Experience your stories of nursing captured in drama, song, movement by True Story Theater
- Explore complementary treatment modalities. Choose two of four interactive breakout sessions: Acupuncture by Kate Ruma, MAOM, Lic. Ac.; Expressive Arts Sampler by Mary Muir, M. Ed.; Benefits of Massage by Eric Volkin, LMT, NCTMB; Energy Healing by Deb DeMella, RN, RPP, RYS, Reiki Master.

Registration/Breakfast	8:00-9:00
Welcome	9:00-9:15
Keynote	9:15-10:15
True Story Theater	10:30-12:30
Lunch	12:30-2:00
Modality Education Session 1	2:00-3:00
Modality Education Session 2	3:15-4:15
Final Words/Closing Circle	4:15-4:30

