

Registration form

Name: _____ Phone Number: _____

School District: _____ * email address: _____

- February 27 March 13 April 10

Each session \$85, \$215 if signing up for all 3. Please make *non-refundable* checks out to Children's Hospital Boston and mail to:

Judi Naar, Main 9 East, Children's Hospital, 300 Longwood Ave., Boston, MA 02115 * *Confirmations are sent via email*

Community Education Initiative Wellness Program

*For School Nurses &
Healthcare Providers*

Hosted By:
Medicine Patient Services
Community Education Initiative



Children's Hospital Boston



Program Description

The Community Education Initiative is offering a Wellness Program for School Nurses and Providers. This is an opportunity for you to renew and refresh your spirit. It is a time to learn new ways to keep your life in balance and gain knowledge of new self care modalities that you will be able to share with your students, family members and co-workers. Refresh your energy, renew your spirit and acquire a new perspective. Come with an open heart and intention to learn something new.



All classes are being held at:

Children's Hospital Waltham

for directions please go to:

<http://www.childrenshospital.org/locations/>

8:00am to 4:30pm

Light lunch provided

CEU's pending

February 27th, 2010 -

Therapeutic Touch—

Kathryn Norikavich, BSN, RN,

The gentle use of the hands near & sometimes on an individual, with the intent of helping to support the body's natural healing ability.

Potential Benefits include:

Decrease in anxiety/tension ~

Support to the immune system~

Alteration in perception of pain ~

Relaxation & a sense of comfort and well being

March 13th, 2010-

Feng Shui/Aromatherapy

Lorraine Bossi, MS, APRN, BC, Reiki Master

Stephanie Harrison, RN, BSN, IAC

Feng Shui-*Being mindful about the*

influence of the placement of objects and elements to enhance living and work spaces...

Making your workspace more welcoming and healing...have fun exploring the possible effects of small changes in your environment.

Aromatherapy *~is the practice of using plant oils, including essential oils, for psychological and physical well-being. Learn about essential oil blends; safe dosage blends and what they can be used for. Learn how to use them in your personal and professional practice.*

April 10th, 2010

氣 (ray-key)

Reiki |—

Lorraine Bossi, MS, APRN, BC, Reiki Master

A system of touching with the hands based on the belief that such touching by an experienced practitioner produces beneficial effects by strengthening and normalizing certain vital energy fields held to exist within the body.



For more information contact

Registration Info:

Judi Naar or Christine Doyle

617-355-8431 or by email:

judi.naar@childrens.harvard.edu

christine.doyle@childrens.harvard.edu

Program Info:

Stephanie Porter @857-218-4333 or

stephanie.porter@childrens.harvard.edu

Disclosure:

It is the policy of the Hospital to disclose whatever interest or affiliation a speaker might have with any commercial organization whose product/services are related to the subject matter being presented. Such disclosure will be made available on the day of the program.