

Combine learning with a get-away on the seacoast!



In Search of Well-Being: Getting to the Heart of the Matter

**Monday, September 19, 2011
9 am to 4:30 pm**

At The Lyman Center
58 Macy Street, Amesbury, MA 01913

**All are welcome.
Nurses receive 5.5 contact hours.**

This workshop is for everyone who wants to feel better and stay well.

In the safety and comfort co-created by The Lyman Center's peaceful environment and the workshop leader's healing presence, begin to understand how attainable wellbeing is; learn mind/body/spirit techniques that promote self love, self reflection, and self care, and leave with a journal and healing process you can use over and over in the quest for greater well-being. Everyone wishing to enhance their well being will find this program useful; nurses can use the program for themselves and for patient teaching.

Cost includes a well-being journal, a comprehensive workbook, a certificate of completion, and nursing contact hours. Lunch on your own.
\$99 before September 9; after Sept. 9, \$125. (MC/Visa accepted)

Presented by Gale Lyman, RN, BSN, CCM, HN-BC, a board certified holistic nurse, the founder of The Lyman Center for healing and holistic education. Gale has presented engaging educational programs in more than 20 states and in Europe.

The Lyman Center is located in Amesbury, MA, at the intersection of Routes 95 and 495. The beach is only 6 miles away!

Nursing contact hour information

This continuing nursing education activity was approved by the American Holistic Nurses Association's Education Approver Committee, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Approved for **5.5 nursing contact hours** through 4/29/2012.

Contact hours from *In Search of Wellbeing: Getting to the Heart of the Matter* may be applied toward the continuing education requirements for the Holistic Nursing Certification examination and re-certification process

The purpose of this program is to provide nurses with a holistic process for self-care, which nurses can use for themselves and teach to their patients. This program further seeks to encourage self-care and greater levels of wellness based on self-love rather than fear of illness/injury.

Educational Objectives

1. Describe the experience of being holistically present
2. List three practices to enhance self-love
3. Describe holistic healthcare
4. List three skills necessary for self-care
5. Describe Prochaska's six stage program for health behavior change
6. List the six steps of the holistic caring process
7. Describe the process of self-assessment
8. Describe pattern identification
9. Describe how to use affirmations to set intention
10. Describe the planning process
11. Describe the role of mindfulness, intention and presence during the action process
12. Describe the process of self evaluating
13. Describe a positive way to seek support during the process of change
14. Describe your vision of well-being

Attendance at the entire workshop and completion of a program evaluation is necessary for successful completion.

Approval for contact hours through the AHNA is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific product or modality in the care of clients.

Gale Lyman, RN, BSN, CCM, HN-BC had declared no financial relationships related to this CNE activity.



The Lyman Center
58 Macy St. (Rt. 110)
Amesbury, MA 01913



The Lyman Center

58 Macy Street, Amesbury, MA 01913
www.lymancenter.com
978-388-9564

Pre-Registration Form

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Mail this with your payment to The Lyman Center, PO Box 574, Amesbury, Massachusetts, 01913.

- ☞ Registration begins one half hour before the class, at 8:30 am.
- ☞ Confirmations and receipts are provided only upon request.
- ☞ Cancellations made at least 5 business days prior will be honored with a refund. Substitutions may be made at any time; please advise in advance. If you choose a refund, a 15% processing fee will be deducted.
- ☞ For nursing continuing education, attendance at the entire workshop and completion of a program evaluation is necessary for successful completion.

Name: _____
(as you want it to appear on your certificate)

Address: _____

Telephone: _____

Email: _____

Early bird (by September 9) \$99; after Sept. 9, \$125 \$_____ enclosed

Payment method:

___ Check payable to "The Lyman Center" ___ Money order ___ MasterCard ___ Visa

Card # _____ Card Exp. ___ / ___ V-Code _____
(The V-code is last 3 digits on signature panel on back of card)

Signature: _____

Print name as it appears on the card: _____

Billing address for card (if different from address above): _____

Do you require any ADA accommodations? If "yes" please specify.

