Workshop 1
Expand Your Practice with Nurse Coaching
Linda Bark, PhD, RN
8:00 am – 4:30 pm (lunch on your own)
7 ANCC nursing contact hours
FEE: $160
This presentation will include what Nurse Coaching is, what Nurse Coaches do, the future of Nurse Coaching, and some of the science behind Nurse Coaching. Along with this information, participants can leave with some coaching skills that can be applied to their work setting immediately.

Workshop 2
Awaken to Your Energetic Self
Neil Patel, MD
12:30 – 4:30 pm
3.75 ANCC nursing contact hours
FEE: $ 136
The purpose of this activity is to introduce the participant to the energy healing modality, Crystalline Consciousness Technique™ and the tools utilized to create individual and group crystalline energy fields. This personal empowerment tool creates greater energetic protection for the individual while enhancing connection and communication in groups. This technique minimizes disruptive effects of stress and facilitates personal learning, growth and group cohesion. The registration fee includes the $36 charge for coursework.

Workshops 3 & 4
Healthy Living Lab: Practices for Personal Wellness
Mayo Clinic Healthy Living Program staff members
8:00 am - 12:00 pm and 1:00 - 5:00 pm
3.5 ANCC nursing contact hours (per session)
FEE: $100 EACH
These pre-conference workshops provide participants the chance to explore healthy living with a number of hands on experiences at Mayo Clinic’s world-class facility for wellness. Join leading Healthy Living Program experts in offerings dedicated to building resiliency and relaxation. Participate in practices such as Yoga, Tai Chi, and Meditation to better integrate the mind/body/spirit connection. Spend time preparing and eating a healthy meal with an executive chef and wellness dietitian while discussing the latest nutritional research.

Workshop 3 classes 8:00 am - 12:00 pm (in order of occurrence): Yoga, A Sensory Experience; Relaxation Techniques, Lunch and Learn: Hands on Cooking Demonstration

Workshop 4 classes 1:00 pm - 5:00 pm (in order of occurrence): Elements of Organic Movement; Mindfulness 101; Lunch and Learn: Hands on Cooking Demonstration

ANCC nursing contact hours are awarded for full attendance and completion of the evaluation for each workshop.
The 2016 Mayo Clinic Holistic Health and Wellness Conference will be a unique experience that includes evidence-based overviews of health and wellness 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 interactive workshops on a variety of holistic wellness practices.

**FEE: 2 day conference $250**

**Learner Outcomes:**
- 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.

**Featured Faculty**

**Lucia Thornton, ThD, RN, MSN, AHN-BC**

Lucia Thornton ThD, RN, MSN, AHN-BC, is a former president of the American Holistic Nurses Association and has been involved in nursing, holistic healing and healthcare for over 35 years. She has held clinical, managerial, administrative, and faculty positions in various colleges, organizations, and hospital settings including emergency and trauma, intensive care, nursing education, research and development, and quality assurance. She was instrumental in creating the process of Board Certification for Holistic Nursing in the United States and served as the first Executive Director of the American Holistic Nursing Certification Corporation. She serves on the boards of the Integrative Health Consortium and the Academy of Integrative Health and Medicine. Dr. Thornton is an author and national speaker, dedicated to bringing health and caring back into healthcare.

**Target 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 10.5 ANCC nursing contact hours for attendance at the conference commensurate with the extent of their participation in the activity and completion of the evaluation.

Mayo Continuing Nursing Education is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.
**About Mayo Clinic**

Mayo Clinic’s mission is to inspire hope and contribute to health and well-being by providing the best care to every patient through integrated clinical practice, education, and research.

Mayo Continuing Nursing Education conducts educational conferences that will advance nursing practice.

Mayo Clinic in Rochester, Minnesota, has been granted Magnet® Recognition for Nursing Excellence by the American Nurses Credentialing Center.

**Cancellations**

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 22, 2016 (fax: 507-266-6910 or e-mail: cne@mayo.edu). No refunds will be made on or after June 22, 2016. 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.

**Parking**

Visit [www.mayoclinic.org/travel-rst/maps.html](http://www.mayoclinic.org/travel-rst/maps.html) for a map indicating the location of downtown parking facilities. The cost of parking is not included in the registration fee.

**Lodging**

Rooms have been reserved for conference participants and their guests at the following hotels.

**Doubletree by Hilton Hotel**
Rochester – Mayo Clinic Area  
(507) 281-8000  
$149 per night

**Centerstone Plaza Hotel**
(507) 288-2677  
$85 per night

To ensure accomodations, please make your reservation by **June 21, 2016**. Reservation requests received after this date will be accepted on a space available basis.
2016 MAYO CLINIC
HOLISTIC HEALTH AND WELLNESS CONFERENCE
Engaging Body, Mind, and Spirit

July 14-15, 2016
Pre-Conferences July 13, 2016
Mayo Clinic • Rochester, Minnesota

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cne.education-registration.com

If you already received a copy of this brochure, please give to an interested colleague.