

# Mercy by the Sea Retreat Center

167 Neck Road  
Madison, CT 06443



## *Need to stay overnight?*

Call Terri @  
203-245-0401

Room Rates:  
Single \$135/night  
Double \$125/night

The conference has reserved 5 single rooms. Rooms are first come, first serve. Please let Terri know you are with AHNA.

Jointly provided by the CT  
Collaborative Chapters of the  
American Holistic Nurses Association  
& the CT Nurses Association:

# STRENGTHENING OUR ROOTS IN HOLISTIC WELLNESS 2024 Annual Conference



Mercy by the Sea Retreat Center  
167 Neck Road  
Madison, CT 06443

Friday, May 3 2024  
8:30AM-5:00PM EDT

6 Contact Hours Pending

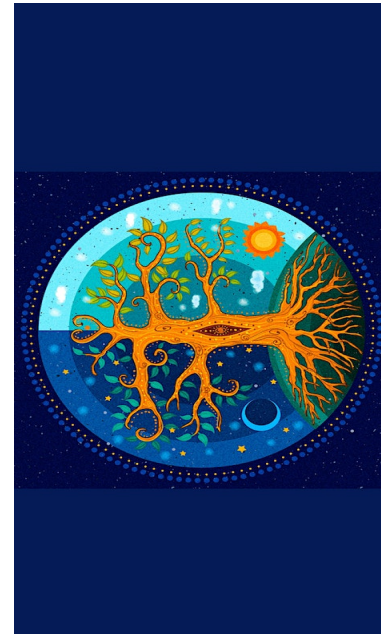
Scan to Register



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Association & the CT Nurses Association

2024

Annual Conference



## KEYNOTE SPEAKER



Natalie Walters NP, CFMP

Title: "Blooming From Within. The Micro-Magic Between Food, The Gut Microbiome and Self Love".

Natalie is an adult nurse practitioner with 34 years of experience in a variety of medical specialties and settings. She also holds certifications in

functional medicine, medical acupuncture/TCM, Hypnotherapy, Reiki and Yoga.

She specializes in functional and integrative medicine which is personalized, preventive and seeks to find the underlying cause of disease. Her approach is food first and lifestyle first. She also prescribes herbs, nutraceuticals, peptides and, at times, pharmaceuticals.

Her passion is partnering with and guiding people toward improving their health and well being. She believes that optimal health is achieved through mindset, lifestyle and self love & compassion.

### REGISTRATION INFORMATION

**Friday, May 3, 2024 (8:30AM-5:00PM)**

Fee includes lunch and 6 Contact Hours

- **Early Bird Registration** \$90.00 through 4/1/24
- **Student fee** \$60.00 w/valid school ID
- Registration fee \$105.00 after 4/15/24

#### To Register:

<https://CTHolisticNursingConference2024.eventbrite.com>



## SCHEDULE

8:30-9:00	<b>Registration</b>
9:00-9:15	<b>Welcome-Calling the Directions Centering</b> Jan Lucier MSN, RN, HN-BC
9:15-10:15	<b>Blooming from Within. The Mirco-Magic between Food, the Gut Microbiome and Self-Love</b> Natalie Walters, NP, CFMP
10:15-11:15	<b>Your Gut Microbiome IS Connected to Your Health</b> Kate Johnson, PhD, RN, MBA, CNE, AHN-BC, RA
11:15-11:30	<b>BREAK</b>
11:30-12:30	<b>Ayurveda for the Mind</b> Kathryn Templeton, LPC, C-IAYT, YAACP, C-NAMA Ayurvedic Practitioner
12:30-1:30	<b>LUNCH</b>
1:30-3:00	<b>The Language of the Universe...Sacred Geometry in Action</b> Barbara Evans, BS, NS-ED
3:00-3:15	<b>BREAK</b>
3:15-4:45	<b>Using Music as a Tool for Health and Wellness</b> Jan Lucier, MSN, RN, HN-BC
4:45-5:00	<b>Closing &amp; Evaluation</b>



## CONTACT HOURS

### Requirements for Successful Completion

In order to receive full contact hour credit for this activity you must:

- Register for this event
- Be present no later than (5) minutes after starting time.
- Remain until the scheduled ending time.
- Complete an evaluation at the end of the activity.
- Certificates will be given electronically upon completion of the program evaluations.

### Planning Committee

**Marilyn Faber, BSN, RN, HN-BC, CHTP & Lynn Veccharelli, MSN, RN, AHN-BC, HWNC-BC**  
Fairfield County AHNA Chapter

**Christine Gentry, MA, RN, HN-BC, RYT & Sabrina Petersen, RN, HN-BC**  
Southeastern CT/RI AHNA Chapter

**Leslie LaPointe, MSN, APRN, CPNP, CHSE**  
UConn Campus AHNA Chapter

**Kristin Moquin, APRN-BC, APHN-BC**  
Hartford CT AHNA Chapter

**Laurie Walter PhD, RN, HNB-BC, CHSE**  
Greater Hartford CT AHNA Chapter

**Karen Depcrymski, MSN, RN, HNB-BC**  
UConn Campus & Greater Hartford AHNA Chapters

This professional development activity is jointly provided by CT Nurses Association and the CT Collective Chapters of the American Holistic Nurses Association.