



Howell Nature Center



## Michigan Holistic Nurse Retreat 2013 Agenda

Theme "Back to Nature"

Date: Sept. 27 Friday 5pm, Sat 28, thru 1pm Sun Sept 29

Place: Howell Nature Center, Howell, Michigan (Howellnaturecenter.org)

### Friday night- Sept. 27 Knoll Lodge

5pm check in Registration

6pm Dinner BBQ on the deck

7pm Opening ceremony, announcements

8-10pm Bowen tx with **Dena Bowen**, (lecture, demonstration, holistic treatments for all)

(2.0 CNE)

10 pm Networking

*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."*

### Saturday- Sept. 28th Pine View Cottage and Global Village

8am- 8:30 am Breakfast- Knoll Lodge

8:30 am - Pine view Cottage, Day trippers check in

9am-12:00 am, Plants and Herb lecture with **Alice Goodall and Dan Whittacre**

(Medicinal, edible, plants, tinctures, how to harvest, dry herbs) half lecture and half hike. (3 hours CNE)

10:00 am 10 minute break

12:00 -12:30 pm Picnic Box lunch under the Pavilion in Heifer Village,

12:30 - 1:30 pm Heifer Village tour with **Heather Barnes** at the Global Village

1:30-1:45 pm break

2:00 - 4:00 pm Transcultural Nursing with **Nancy Courtney** (2.0 CNE's)

4:00 -4:15 pm coffee tea snack break,

4:15 pm-5:00 pm Networking- Evaluations, Day tripper 5 CNEs total

6:00 PM Dinner at Knoll Lodge (day trippers with reservation)

7:00 -9:00 pm Free time, Networking, Campfire Circle (Movie night if raining)

### Sunday- Sept. 29

8:00 am Breakfast buffet

9:00 am - 11am Spiritual meditation with **Joan Hutchinson**, "Prayer Arrow" (2.0 CNE)

11:00 am Closing ceremony, Evaluations, CNE certificates

12:00 pm Box lunch to go,

1:00 pm Check out

1:30 pm -3:30 pm Optional activities

Wildlife Wonders Park and Zip Line (included in price)

Climbing tower \$11 (Reservations needed)

Safe Journey Home

*This activity has been submitted to the American Holistic Nurses Association (AHNA) for approval to award contact hours. The American Holistic Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. 9 CNE's have been applied for. 5 for Saturday only option.*