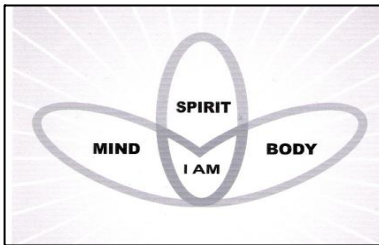


MHNA Board Members

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Come join us for networking

**For retreat info call (248) 345-1485
or Mhnanews.org**



**MHNA is a Networker of
American Holistic Nurses
Association.**



Howell Conference & Nature Center

1005 Triangle Lake Rd
Howell, Michigan 48843

Directions:
(517) 546-0294

<http://howellnaturecenter.org>

Venue: Howell Nature Center is a retreat camp in Howell, MI. We are renting 2 lodges that overlook a lake. This is a beautiful atmosphere for relaxation, adventure, and making new friends! For directions and info: Howellnaturecenter.org

MICHIGAN HOLISTIC NURSES' ASSOCIATION ANNUAL CONFERENCE/RETREAT

"Healing Circles"

September 26-28, 2014

with

Day Trip Option Sept. 27



**4 contact hours have been applied for through
AHNA**

A Certificate will be issued upon evidence of
successful completion of requirements.

**6 contact hours optional provided via
Certificate of Attendance.**

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.

About Our Speakers

Sandy Hines RN, PhD MHNA Education Chair
Sandy is currently an Associate Professor of Nursing at Eastern Michigan University. Her long time interest in holistic living and care of self and others has led her to join MHNA Board.

Nancy Rhodes RN is a retired OR nurse, long time member of MHNA, and a Certified Labyrinth Facilitator.

Liza (Leeza) Baker Chef/ received her Health Coach training from the Institute for Integrative Nutrition. She received an AAS in Culinary Arts from the Cooking & Hospitality Institute of Chicago.

Kelly Hassan of One Spirit Dance Company, Owner, teaches Fusion Tribal Belly Dance and Yoga which includes Kundalini, Yin and Hatha Yoga since 2007. Reiki practitioner since 2008

Ryan Paul Gates BA in Music from Wayne State. While studying jazz percussion Ryan's prominent interest in music from around the world drove him to playing the Didgeridoo, Doumbek, Frame drums, Riq, Djembe, Tabla, Melodica, and Guitar.

Joan Hutchinson is a writer, artist, and natural media artist who lives in Ann Arbor. She combines her degree in Educational Psychology with her intuitive Native American interest to create crafts that honor a person's own healing path.

Space is limited and this event is expected to be sold out at these low prices. The deadline for full registration is Fri. Sept. 12, 2014. No refunds after Sept. 12th Registrations canceled before September 12th will be refunded less the \$35.00 membership fee if included.

Comfortable walking shoes, rain jacket for the weather is recommended as some of our time will be spent outdoors rain or shine in Nature!

About The Program

Our purpose is to offer "care for the caregivers." An opportunity for people to "heal, grow, and be wild" like the Howell Nature Center's motto. As we join in "Healing Circles" we will rest, center, and earn Continuing Education hours.

The Schedule

Full weekend attendees begin their journey on **Friday evening** with a **Strolling Dinner and Healthy Cooking Contest. Enter to win prizes!** Bring the best Organic, Gluten Free, Vegan side dish, salad or dessert. (See mhnanews.org for rules).

Concurrent MHNA Holistic Shopping Fair The fair features Holistic products and services. Bring cash to buy products and \$1/minute massages!

Journal Club Sandy Hines closes the evening around the Firepit on the deck at Lakeveiw Lodge with 1-2 Certificate of Attendance (Pre-read article on mhnanews.org)

Saturday morning: Day tripper's registration:

Our own Nancy Rhodes will share "**The Labyrinth: A Journey to the Heart.**" She will discuss history of and modern medical uses of some famous Labyrinths. Then we will all walk the nature center's own Labyrinth! 2 CNE

Saturday Noon: Simply Home Cooking Lunch Workshop by Liza (Leeza) Baker We will make our own healthy lunch!! 2 Certificate of Attendance

3-6pm Free time; hike, rest, ZipLine

Saturday evening: Dinner then "**Basic Belly Dancing Combinations**" with Kelly Hassan

"**Sacred Drum Circle Workshop**" with Ryan Paul Gates By Firepit 1-2 Certificate of Attendance

Sunday morning: Joan Hutchinson will lead us in discovering the "**Medicine Wheel: Being Present in the Circle**" from Native American traditions. We will learn about and then make our own Medicine Wheel. 2 CNE

Closing Ceremony, Blessings for a great year!

Registration MHNA Annual conference/Retreat

Name _____

Address _____

City/Zip _____

Phone _____

E-Mail _____

Please check the appropriate box(es) below:

- MHNA Member -----\$185.00
- Non-Member-----\$225.00
- MHNA Membership & Full Retreat\$220.00
- Saturday only Member-----\$85.00
- Saturday only non-member--\$105.00
- Saturday only & membership\$135.00
- Student/Saturday member--\$50.00
- Student/Sat. non-member---\$66.00
- Student/Sat. & membership-\$61.00
- Zip Line-----\$10.00
- Register Healthy Cooking Contest
- Register Vendor Table Health Fair
- Vegetarian Meals

Total enclosed= _____

Full weekend fee includes, all presentations, 6 meals, 2 night's lodging-with shared room with bathroom. 8-10 Educational Credits. You must provide your own towels, sheets, blanket or sleeping bag.
Saturday only & Student fee includes 2 meals and 4-6 Educational Credits with evening drum circle

Make check payable to **Michigan Holistic Nurses' Association**. Send completed form with payment to:
Rhonda Jahn
9505 Firwood Rd. South Lyon, MI 48178
Or www.mhnanews.org using paypal