



2011: A Year of Transformation and Renewal

Our 1st American Holistic Nursing Association Regional Meeting of the Year

Saturday January 22, 2011, 10-4 PM

At the Beautiful New UCSF Osher Center for Integrative Medicine

1545 Divisadero Street (at Post), San Francisco

Lunch and 4 contact hours provided for \$40. Space is limited.

Presentations will be experiential and applicable to practice.

Positive Emotions Skills to Improve Wellness

Mindful Eating

Laughter Yoga

Integrative Imagery for Transformation and Renewal

Healing Touch and Self Care

There will be opportunities for networking.

For more information see the attached registration form.

Conference co-sponsored by Beyond Ordinary Nursing and the

Healing Touch Program and Healing Touch International

Contact: pdanp@pacbell.net for more information.