

HEALTHY NURSES FOR WISCONSIN
CONFERENCE 2019

SMALL CHANGES.
BIG RESULTS.

MARCH 23
WISCONSIN DELLS

American Nurses Association
Healthy Nurse, Healthy Nation™ Campaign

In Partnership



Saturday, March 23, 2019

Wilderness Resort – Glacier Canyon Conference Center, 45 Hillman Road, Wisconsin Dells

BIGGER and even BETTER than last year! This one-day, hands-on, and interactive program is focused on improving and protecting your health. Dress comfortably to participate fully.

Registration Fee = \$125 WNA Members = \$95 Nursing Students = \$45

7:00–8:00	Registration / Continental Breakfast / Cholesterol & BP Testing
8:00–8:15	Welcome and Overview of Day Pamela Macari Sanberg, MS, RN, NEA-BC - WNA Grant Coordinator Diane R. Lauver, PhD, RN, FAAN - Professor, University of Wisconsin-Madison
8:15–8:55	‘Stress Survivor: My Small Changes, My Big Results’ Adrienne Ewald-Peterson, BSN, RN - Senior Market Development Professional, Humana - Healthcare Services Corporation <i>A personal story of how a mother and nurse recognized that the stress she had been living through impacted her well-being dramatically and how she triumphed over burnout. Hear her journey how she learned to make small changes that she continues to make today and those big results impact her life and others.</i>
8:55–9:20	‘Leading by Example, One Pound at a Time’ – Introduction Danielle Bloniarz, RN, BSN - Registered Nurse-Internal Medicine Clinic, Door County Medical Center Kelly Jorgenson, RN - Primary Care Supervisor, Door County Medical Center <i>This presentation will give you a brief look at Door County Medical Centers weight loss journey and how it started ten years ago.</i>
9:20–10:05	Mindfulness, Compassion, and Behaviors Diane R. Lauver, PhD, RN, FAAN
10:05–10:25	Utilizing your Health Insurance Plan to Support Health Behaviors Jodie Henning, RN - Authorization Review Specialist, WeaTrust/Neugen <i>The goal of my presentation is to raise awareness around the often overlooked, and underutilized health management programs and services health plans may have to offer you or a patient of yours at no cost. As an example, I will highlight a variety of population health offerings WEA Trust has to keep our members healthy.</i>
10:25–10:40	Break
10:40–11:40	Health Focus Sessions (choose one to attend for entire hour) A Essential Oils: A Strategy to Reduce Stress Debra K. Rodriguez, MSN, ANP-BC, PNP-BC, APNP, CCAP, CH - Nurse Practitioner, St. Clare Hospital <i>How to safely use essential oils, which essential oils can be used to help with stress reduction and a few recipes to make your own blend. How the essential oils work in the body will also be covered. Some essential oils will be diffused during this session.</i>

(continued next page)

10:40-11:40	<p>B 'Leading by Example, One Pound at a Time' – Engaging the Community Danielle Bloniarz, RN, BSN - Registered Nurse-Internal Medicine Clinic, Door County Medical Center Kelly Jorgenson, RN - Primary Care Supervisor, Door County Medical Center <i>This presentation will cover the initiatives and strategies taken to promote a more healthy community. Our organizations health goal is to "Lead our community in initiatives that will result in Door County being recognized as one of the healthiest communities in the United States. We will share our journey and lessons learned!</i></p> <p>C Clean Eating – How to incorporate it into your daily routine for a lifetime! Emily Niesen, CHHC - Holistic Health Coach, Self-Employed; Owner of Nostalgic Nutrition & Well-Being <i>Clean Eating is a popular buzz word, but what does it mean? How do I incorporate clean eating into my lifestyle and perhaps in my family's as well? This presentation will cover what clean eating is, how to approach Nutrition Labels, what hidden ingredients are doing, why everyone can eat clean, the benefits of eating clean, and how to do it both at home and at work. Fun recipes included!</i></p>
11:40–12:40	<p>Lunch and Presentation: 'Smart and Simple Meal Planning' Emily Niesen, CHHC <i>Learn how to meal plan smarter and simpler without the coupon and Recipe fuss! Build creative confidence in the kitchen and learn how to get practical with tools you already have, find food all family members can agree on, and perhaps get them involved in! Whether planning for 1, 2, or 10, you will take home some new tips to try!</i></p>
12:40–12:50	<p>Hyperlipidemia: Are You at Risk? – Part 1 Jane Nelson Worel, RN, MS, ANP-BC - Director of Clinical Education, Preventive Cardiovascular Nurses Association (PCNA) <i>Learn about the 2018 Cholesterol Guideline Update with a focus on understanding what your numbers mean in relationship to your overall cardiovascular risk assessment. Know when lifestyle is enough to lower your risk and when medications are needed.</i></p>
12:50–1:00	<p><i>Break / Mindfulness Exercise</i></p>
1:00–1:45	<p>Buoyancy in a Stress-Filled World Pamela J. Myhre, APNP, CDE - Palliative Care Nurse Practitioner, Crossing Rivers Health-Prairie du Chien <i>What's our body's response to stress? What could help us in response to that reaction? How can we incorporate resiliency into our daily lives?</i></p>
1:45–3:25	<p>Get Moving! (you will rotate through all 3 Activities – and rest in between)</p> <p>A QiGong: Increasing Energy through Meditation, Breathing, and Movement Diane R. Lauver, PhD, RN, FAAN</p> <p>B Zumba: Dance Your Way to Fitness Erika Gerhardt Obois, BS - Owner, ERIKAJ GO FITNESS, LLC <i>Enjoy music & movement from around the world, easy to follow steps. NO experience needed! Bring a smile & a comfortable pair of shoes. Taught by Dells-based licensed instructor, 8 years, certified group fitness & certified personal trainer. https://www.facebook.com/FitnesswithErikaGO/</i></p> <p>C Work Out Anywhere: No Weights Required Lauren Parish, BS - Personal Trainer and Hiring Manger, Princeton Club East</p>
3:25–3:35	<p>Hyperlipidemia: Are You at Risk? – Part 2 Jane Nelson Worel, RN, MS, ANP-BC</p>
3:35–4:15	<p>Making it Happen! Diane R. Lauver, PhD, RN, FAAN Adrienne Ewald-Peterson, BSN, RN <i>Bringing it all together. Diane and Adrienne bring mindfulness, clean eating, movement and goal setting into action. Reflect on the day, set goals for success aimed for big results.</i></p>

Learn more about the event and how to register at bit.ly/healthy-nurse