

*Save the Date* MARCH 20, 2021



HEALTHY NURSES FOR WISCONSIN CONFERENCE

SMALL CHANGES.

**BIG RESULTS.**

RESILIENCE: A PATH TO WELLNESS

VIRTUAL  
FORMAT

American Nurses Association  
Healthy Nurse, Healthy Nation™ Campaign

In Partnership



**Saturday, March 20, 2021**

**Virtual Meeting on Zoom**

RESOLVE now to join your fellow nurses in exploring unique ways to build your emotional and physical RESILIENCE. We promise an interesting and interactive day – in the comfort of your own home! Relax your mind, recharge your spirit and flex your muscles as you participate in activities that will set you on a path to wellness in 2021.

Registration Fee = \$50    WNA Members = \$35    Student Nurses = \$25

Learn more and link to register at [bit.ly/healthy-nurse-2021](https://bit.ly/healthy-nurse-2021)

8:10–8:30 *Coffee Conversations – join in early and share an attitude of gratitude to start the day!*

**Start at 8:30**

**Welcome to the Day**

Cynthia Ingram, BS, RN, HN-BC, COHN-S – RN Behavior Health, Animal Therapy Coordinator

**Manage Stress Before It Manages You**

Cella Janisch-Hartline, RN, BSN, PCC – Professional Life Coach; Owner, Enlightened Way: New Day

**Healthy Nurse, Healthy Nation: Exercise Your Options!**

Cheryl DeVault, MS, BSN, RN, OCN - Primary Care Program Manager, Rural Wisconsin Health Cooperative

**Nurse Suicide – The Elephant in the Room**

Chris Wojnar, BSN, RN - Registered Nurse, Advocate Aurora Health - St. Luke's Medical Center

**Bust a Move!** Choose one activity to join during conference – others online after conference (recorded):

A. **Chair Yoga in the Workplace** – Melissa Wilhelm

B. **Guided Meditative Walk** – Adrienne Ewald, BSN, RN

C. **Sweat, Stretch and Boost your Energy!** – Nina DeVault, RN, BSN; Lauren Cabalka

11:55-12:35 *LUNCH – take a break - or join in to share 'Success!' stories and strategies for a healthier lifestyle*

**Refueling of the Heart**

Cella Janisch-Hartline, RN, BSN, PCC – Professional Life Coach; Owner, Enlightened Way: New Day

**An Attitude of Gratitude - Gratitude Journaling**

Melissa Wilhelm – Owner, Avana Yoga & Healing Center

**End at 3:30**

**Reflection on the Day**

Cynthia Ingram, BS, RN, HN-BC, COHN-S – RN Behavior Health, Animal Therapy Coordinator



Thank you for your support, Rural Wisconsin Health Cooperative!