



At-A-Glance - 2019 OHNA Conference Schedule

SUNDAY - OCT 20, 2019

TIME	EVENT – NORTH HALL	DINING HALL	EVENT – FOREST SHELTER
5p - 6p			Registration
6p - 7p		Dinner	
7p - 7:30p	Breitenbush Orientation (required for newcomers to the Retreat Center)		
7:30p - 8:30p	Opening Ceremony		

MONDAY - OCT 21, 2019

7a - 8a	Yoga – Pamela Brucks		Qi Gong – Carli Gaines
8a - 9a		Breakfast	
9:15a	Begin Silent Action & Book sale		
9:30a – 10:45a	Holistic Nursing: An Overview – Kathleen Bell		Holistic Entrepreneur Panel/Q&A
11a – 12:50p	Balancing the Gut-Brain Axis to Improve Mental Health – Dr. Lipski		The Spirit Path: Chinese Medicine Wisdom & Acupressure for Nurses – Carli Gaines
1p – 3:30p		Lunch & Break	
3:45p – 5:45p	Mindfulness & Meditation: Practices for Nurses and Those in Their Care - Kathleen Bell		Intro to Pranic Healing: Focus on Energy Hygiene – Liza Burney
6p – 7p		Dinner	
7:30p – 9p	Healing Room Experience		Open Sound Circle

TUESDAY - OCT 22, 2019

7a - 8a	Yoga – Pamela Brucks		Qi Gong – Carli Gaines
8a - 9a		Breakfast	
9a – 11a	The Spirit Path: Chinese Medicine Wisdom and Acupressure for Nurses – Carli Gaines		Balancing the Gut-Brain Axis to Improve Mental Health – Dr. Lipski
11:15a – 12:45p	OHNA Members Meeting		
1p – 3:30p		Lunch & Break	
3:45p – 5:45p	Intro to Pranic Healing: Focus on Energy Hygiene – Liza Burney		Mindfulness & Meditation: Practices for Nurses and Those in Their Care - - Kathleen Bell
6p – 7p		Dinner	
8p – 9p	Belly Dancing – Breeze Powell Spivey		Social Space

WEDNESDAY - OCT 23, 2019

7a - 8a	Yoga – Pamela Brucks		Qi Gong – Carli Gaines
8a - 9a		Breakfast	
9:30a – 10a	Wrap up Silent Auction/book sale		
10:30a – 11:30a	Closing Ceremony		