



HERE'S YOUR INVITATION TO JOIN US!



Dear Canadian Holistic Nursing Colleagues:

The Canadian Holistic Nurses Association (CHNA) is expanding as a Chapter of the American Holistic Nurses Association (AHNA). Linda Muzio, RN, BScN, MS will serve as the new Chapter President and requests that you begin renewing your CHNA/AHNA membership on Thursday Dec. 1, 2016. By joining, you'll be able to take advantage of a host of benefits, including free recorded webinars, free continuing education opportunities, the award winning publication, *Beginnings* magazine, six times per year and the *Journal of Holistic Nursing* (JHN) shipped straight to your door quarterly. You can join the new CHNA for \$135 US a year beginning December 1, 2016.

[Click Here to Join Us Now!](#)

Join the
Canadian Holistic Nurses Association Chapter
Of the
American Holistic Nurses Association!



Linda Muzio, RN, BScN, MS

President of the Canadian Holistic Nurses Association

*We look forward to taking care of you so
you can take care of the World!*

We value every Holistic Nurse and want to provide for them in every way possible, so we'd like to take a moment to show you of all the resources available to help you on your holistic nursing journey.

Continuing Education Online Learning

Beginnings CNE Free

Every *Beginnings* issue offers a free CNE credit. Simply read through the listed *Beginnings* article, register for the CNE and take a post-test, evaluation and you'll receive a CNE contact hour certificate all online in an instant.

Free Audio Recorded Webinars

If you're in the mood for a little audio stimulation, register and listen to any one of our free webinars. Listen to HN experts in topics covering education, practice and research. Members interested in receiving an instant CNE contact hour for these webinars are able to do so for a minimal fee, after completion of an online evaluation.

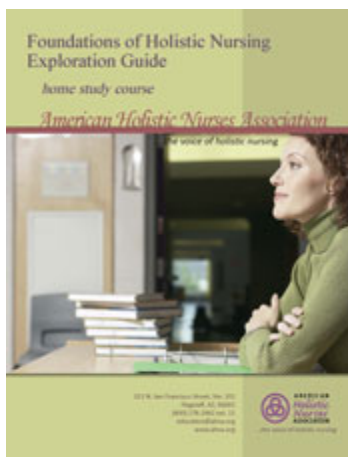
Journal of Holistic Nursing

Obtain CNEs by reading the *Journal of Holistic Nursing*! All you have to do is read a research article, take the online post-test and evaluation then receive an instant CNE contact hour certificate.

Home Study

Foundations of Holistic Nursing

Participants earn 65 contact hours by successfully completing this comprehensive home-study course,



The Foundations of Holistic Nursing, 5th edition home study course is designed for nurses interested in gaining a holistic perspective in nursing practice and daily living. Using the book, *Holistic Nursing: A Handbook for Practice*, 5th edition (not included), as a text, the 16-session course explores the art of holistic nursing through theory, research, clinical practice, and personal experience.

Conferences



Every year AHNA organizes several conferences to gather the best and brightest minds within Holistic Nursing! We separate these by a single Annual Conference and multiple Regional Conferences every year.



Other Education Endorsed or Approved by AHNA

AHNA Endorsed Programs

AHNA has peer-reviewed these in-depth CNE programs to ensure the highest standards of holistic nursing education. Members receive discounts when attending.

Additional Resources

Journal of Holistic Nursing

Members automatically receive access to all digital versions of the Journal of Holistic Nursing (JHN).

[*Click Here for Instructions on Accessing JHNs*](#)



(JHN) is a peer-reviewed quarterly journal with a focus on integrating holistic health concepts with traditional Western Medicine. JHN provides a forum for caring and innovative nurses in clinical practice, research, individual wellness practice and academia to exchange critical information, share clinical and personal experiences and communicate research pertaining to nursing practice, health care, wellness, healing and human potential.



Beginnings

Members receive to *Beginnings*, a bimonthly publication mailed six times a year to all members. *Beginnings* issues are full of Holistic Nurses telling their stories of implementing and fostering the holistic nursing profession, anecdotes, professional research, news and event listings. Past issues available online, [click here to view archives](#).

Check out a sample issue: [Beginnings](#)

Enews



We'll email you a bimonthly newsletter with nursing new, so you'll always be on top of the latest news and advances to the holistic nursing field and nursing in general.

Stress Relief



Virtually everyone experiences stress. However, in a survey conducted by the American Nurses Association, it was reported that:

70.5% of nurses cited the acute and chronic effects of stress and overwork among their top three health and safety concerns and that 75.8% of surveyed nurses report that unsafe working conditions do, in fact, interfere with their ability to deliver quality care.

We want to alleviate this and will provide you with resources to help manage your stress and be a pillar of support whenever you need us. Please follow the link below for more information on managing stress.

<http://www.ahna.org/Resources/Stress-Management/Managing-Stress>

Community and Support

Nurse Networking Calls

The intention of the Nurse Networking Calls (NNC) is to keep our holistic community *ALIVE* in cyberspace. This is your chance to connect with others in AHNA and share your thoughts, experiences and ideas. Each participant is given the opportunity to speak from their heart and their experience.

Click the link above for more information.

AHNA Staff

Our friendly and knowledgeable staff is here to help you! If you ever have a question or need help with navigating our website, don't hesitate to contact us! We're available from 9:00 A.M. to 5:00 P.M Monday-Friday CST.

Reach out to Us! 785-234-1712 or by Email at Memberassist@ahna.org

Boost Your Resume

Join A Committee

AHNA offers a variety of committees, each with their own objectives and methods of advancing the field of Holistic Nursing. By clicking the link above, you can look through our list of committees and see if any feel like a fit. Regardless of which committee you join, know that they all serve an important role within the field and organization of AHNA.

Present Education Proposals at Conference

Nothing tells an employer that you're serious about your craft more than a published or presented piece. Every year AHNA opens requests for proposals for our annual conference.

Why not take the opportunity to advance yourself by advancing the field? Look for proposals to open as early as July the year prior to the conference.

Stay Connected with Us Through

Facebook: www.facebook.com/TheAmericanHolisticNursesAssociation

Twitter: www.twitter.com/OfficialAHNA

LinkedIn: www.linkedin.com/company/american-holistic-nurses-association

With Warm Regards,



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