

***Holistic Healing:
Caring for the Mind, Body and Spirit***
April 18, 2019

8:15 – 8:30	Welcome
08:30-09:15	Moving Forward and Defining Holistic Nursing Vicki Keeler MA, RN, HNB-BC
09:15-09:45	Reiki: What it is and How it Integrates with Medical Care in the Hospital Setting Bob Crandall
09:45-10:15	Benefits of Integrative Massage on the Mind, Body & Spirit Kyle Heirholzer LMT, BCTMB, CPT, CR, CMCP
10:15-10:30	Exhibits and Refreshments
10:30-11:15	Supporting the Body and Mind with Therapeutic-Grade Essential Oils Leslie Eimas LMT, APP
11:15-11:45	Nutritional Overview: A Holistic Approach Caitlin Sgarlat Deluca DO, MSc
11:45-12:15	An Introduction to Botanical Healing Caitlin Sgarlat Deluca DO, MSc
12:15-1:15	Lunch and Exhibits
1:15-1:45	Exploring the Therapeutic Effects of Yoga and Its Ability to Improve Quality of Life Cynthia Broccoli
1:45-2:15	Exploring the Healing Power of Meditation Cynthia Broccoli
2:15-2:45	Hypnosis: Changing Minds, Changing Lives Linda Gilmore CH, CI
2:45-3:00	Exhibits, Refreshments and Transition
3:00-3:45	Sound Journey Saraswati Om
3:45 – 4:00	Evaluation

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