

Stress Relief for Health Care Professions

Learn to bring harmony, happiness, and balance to your work and home
Using Feng Shui and Guided Imagery

Instructors: Sue Nordemo, RN, Certified Hypnotist
Julie Rutkowski, MS, RN, Feng Shui Practitioner
Date: Tuesday, January 24, 2012 ~ 5:00 - 9:30 pm
Location: The Hampton Inn
407 Amherst St, Nashua, NH
Register: www.HealingCrossways.com
or call 603-882-4944
Cost: \$ 54 *Contact Hours Statement



Sue Nordemo, RN, Certified Hypnotist and Reiki Master and owner of Healing Crossways. Creator with Sue West of - **"Winning the Game of Life: Get and Stay Organized,"** a self-help kit – hypnosis, stress reduction, and organizing tips.



Julie Rutkowski, MS, RN is the founder of Feng Shui Services of New England. Julie is a certified Feng Shui consultant. She is a member of the American Holistic Nurses Association and a chapter member of the International Feng Shui Guild.



Learning Objectives

- Define guided imagery
- Discover how guided imagery works to reduce stress in the moment
- Practice relaxation with guided imagery exercises
- Describe the basic principles of Feng Shui including chi flow, elemental balance, and applying the Feng Shui map to your home or workspace
- Demonstrate how an uncluttered environment can relieve stress and make room for new opportunities in your life
- Show how intentions with Feng Shui adjustments can propel life and workplace changes

** This activity has been submitted to the American Holistic Nurses Association (AHNA) for approval to award contact hours. AHNA is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.*