

Donna Cardillo, RN presents...

# *Empowered Nurse, Enlightened Practice*<sup>™</sup>

A transformative conference and retreat for nurses at every stage of their careers

Himalayan Institute, Honesdale, PA

Thursday, September 9 through Sunday, September 12, 2021

9.5  
contact  
hours\*

**"Nursing should not be a sacrifice, but one of the highest delights of life." -Florence Nightingale**

Whether your passion for nursing is fired up or has fizzled out, **Empowered Nurse, Enlightened Practice**<sup>™</sup> is for you! It has been created to empower, energize, and enlighten you for future success. It is being offered in a setting that will provide an opportunity for individual disengagement (detaching from everyday work and life), relaxation, reassessment and planning, and recharging.



**Space is limited so register early!**

For info and to register go to:

**[www.DonnaCardillo.com](http://www.DonnaCardillo.com)  
or call 848-241-3166**

Himalayan Institute [www.himalayaninstitute.org](http://www.himalayaninstitute.org)



## **Workshop objectives:**

- Honor, value and celebrate your career path and each other.
- Heal and renew the healer within.
- Build confidence and personal power.
- Become a catalyst for positive change in nursing.

The conference will consist of indoor and outdoor (weather permitting) workshops and activities including leisurely strolling on the grounds. There will also be free time to enjoy the tranquil surroundings or enjoy spa treatments.

**All prevailing COVID precautions will be taken.**

*\* This activity has been submitted to the NJSNA for approval to award contact hours. The NJSNA is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.*



**Donna Cardillo, RN, MA, CSP, FAAN** is The Inspiration Nurse. Donna is a Veriditas-trained labyrinth facilitator, Reiki Master, Certified Meditation Teacher, and Certified Forest Therapy Guide.