

Health and Wellness with Qigong

Application to Nursing Practice

Qigong is the study of energy (chi or qi). It has been practiced in China for over 5,000 years and has many applications for health and wellbeing for you and your patients. This workshop will present the concepts of energy and its relationship to health and illness. Participants will learn simple Qigong practices to help restore energy balance.

Date: Saturday, May 8, 2010

Time: 9:00 am – 4:30 pm

Place: Institute for the Advancement of Service
111 South Columbus Street
Old Town, Alexandria, VA 22314

Presenters: Carol Baker, RN, MSN, MT, certified level I instructor in Spring Forest Qigong and Karen Clark-Stone, RN, MSN

***To register for this workshop, please call 703-706-5333
visit www.ias-online.org, or email btsias@aol.com***

Cost: \$100 (\$80 if registered and full payment received by Wednesday, April 28)

This activity has been submitted to the Virginia Nurses Association for approval to award contact hours. The Virginia Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on accreditation.

Attendance is required at entire workshop to obtain 5.5 contact hours.