



NATIONAL NURSES WEEK, MAY 6 - 12

Thanks to YOU for all you DO!

*Enjoy a well-deserved break from taking care of others, and take a little time for yourself. We're celebrating Nurses Day with a special presentation and wellness sessions throughout the day. Stop by, unwind, and enjoy!*

**Friday, May 12**

6:30 am – 3:30 pm  
Conference Center



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| 6:30 am – 11:30 am | Coffee Cart  |
| 6:30 am – 8:30 am  | Celebratory Breakfast  |
| 7:45 am & 1:45 am  | Remarks from Karin Reese, CNO                                  |
| 8:00 am & 12:00 pm | Reflections on Florence Nightingale, Susan Strickland          |
| 8:15 am & 12:15 pm | The Power of Vulnerability, TED Talk from Youtube, Brené Brown |
| 8:30 am – 11:00 am | Rounding Cart with Treats (on all floors)                      |
| 11:30 am – 2:00 pm | Full Taco Bar Lunch  |
| 1:00 pm            | Jackie Jewell Award  |
| 2:00 pm            | Friends of Nursing Awards                                      |

Please see the back of this flyer for a complete list of activities that will be available throughout the day.



## Available All Day

- Wellness @ Work: Chair massage, acupressure, Seva Stress Release, and energy work
- College of Marin: Invitations to nursing graduates to the 50th anniversary celebration
- Nursing school tables with information on BSN/MSN programs
- Unit Council presentations
- Integrative healing: 15-minute mini training sessions by Anne Pera
- Essential oils: Mini training sessions by Stephanie Carver



## About the Presenters

### Brené Brown, Ph.D.

Dr. Brené Brown is a research professor at the University of Houston Graduate College of Social Work. She has spent the past 13 years studying vulnerability, courage, worthiness, and shame. Brené is the author of three #1 New York Times Bestsellers: *Rising Strong*, *Daring Greatly*, and *The Gifts of Imperfection*. She is also the Founder and CEO of The Daring Way and COURAGEworks – an online learning community that offers eCourses, workshops, and interviews for individuals and organizations ready for braver living, loving, and leading. Brené's 2010 TEDx Houston talk, *The Power of Vulnerability*, is one of the top five most viewed TED talks in the world, with over 25 million viewers.

### Anne F. Pera, RN BSN HN-BC

Anne is nursing professional of 36 years, board certified in Holistic Nursing since 1999. She has specialized in palliative and hospice care and symptom management with use of integrative nursing modalities. Anne has been a passionate advocate for her colleagues, for education, addressing burnout and compassion fatigue. She has actively supported colleagues in teaching the ways of Integrative Self Care. She is currently employed as an RN Care Coordinator for the Bay Region Transfer Center, California Pacific Medical Center, and is currently on the faculty of the Sutter Integrative Healing Arts program. Anne is a Licensed Massage Therapist, Usui/Holy Fire II Reiki Master Teacher, and Certified Integrative Healing Arts practitioner, with specialties in Flower Essences, Essential Oils, and Metamorphosis. Anne is a Continuing Education Provider for the CA BRN. She maintains a private Integrative Healing Arts practice in San Rafael, CA.

### Stephanie Carver Stephanie Carver, RN

Stephanie Carver is a registered nurse who has worked in the medical field for the past 25 years. Certified in Integrative Care, she has spent the last 8 years coordinating a hospital-based pain management clinic. Her passion is bringing this integrative approach to traditional medical care that supports the mind and body and educating her patients and colleagues on the benefits of self-care. Stephanie was born and raised in the Central Valley of California and is married with three children and one beautiful granddaughter. She is a co-owner of Ho'ola ("to heal") Essential Oils. Stephanie combines science based, holistic strategy and practice that's been refined through over 25 years in the hospital environment. She is dedicated to helping and empowering you to learn how to self-care with essential oils.