

**SE Minnesota Network of the American Holistic Nurses Association  
2016 - 2017 Calendar**

**Theme: Holistic Nursing in the Community**

**Please join us! Open to nurses and other persons interested in principles and practice of holistic health care as well as learning new models of care.**

**Tuesday, Sept. 13<sup>th</sup>, 2016**

Topic: Wisdom of the Sages Fire Ceremony  
By: Diane Anderson  
Location: First Unitarian Universalist Church at  
1727 Walden Lane SW, Rochester, MN

**Tuesday November 15, 2016**

Awaiting Confirmation of Speaker

**Tuesday, January 10<sup>th</sup>, 2017**

Topic: Zentangle: Reconnect with  
Your Creative Self  
By: Judy Nichols  
Location: Peoples Food Co-op  
519 1<sup>ST</sup> Ave SW Rochester, MN

**Tuesday, March 14<sup>th</sup>, 2017**

Topic: T'ai Chi Chih  
By: Begue De Benzo, Ivonne M.  
Location: Mayo Cancer Education Center  
Gonda Building, lobby level  
Rochester, MN

**Tuesday, May 9<sup>th</sup> 2017**

Topic: Celebrating History of the SE MN  
Holistic Nursing Association and Future Planning  
By: Current and Past Members  
Location: Hermitage Farm  
6415 West River Road NW Rochester, MN

**June 2017**

National Conference AHNA

**All meetings start at 5:30 p.m. and end by 7:00 p.m.**

A healthy snack will be served at the beginning of each meeting.

**Gathering Dues:** \$5.00 for Non -members (First meeting free)

**Annual Membership Dues:** \$20.00 payable each fall at the September meeting

The chapter is offering essential oil diffuser necklaces and essential oil diffuser USB ports for sale as a chapter fundraiser. The necklaces and USB ports are \$15; get yours while supplies last!

The SEMNAHNA board has approved meeting in various locations in the community as a way to engage more people. We also are changing the meeting schedule to meet every other month (as the Twin Cities AHNA Chapter does.) We will end our year at Hermitage Farm, where the SE MN AHNA began. Please note location of each meeting.

Contact the Chair or Co-Chair for questions:

Tammy Adams: [tadams9200@gmail.com](mailto:tadams9200@gmail.com) or Laura Schuster: [llorene88@gmail.com](mailto:llorene88@gmail.com)

