



## Healing the Healthcare Community



### *Class IV: Treating Stress and Burnout through Food as Medicine*

September 24, 2025

6:00-9:00 PM

#### Description:

Food can re-balance the negative affects that stress has on the mind, body, and spirit. Learn how to redesign your diet to improve the stress response in your life.

By the end of the workshop you will be able to:

1. Identify foods and teas that can help to dimmish the effects of the stress response.
2. Examine the negative impact that foods can have during times of increase stress.
3. Critique personal daily diet plans that can rebalance the stress response.

#### Workshop Facilitators:

[Dr. Gail Van Kanegan, DNP, FNP, APHN, Healing Arts Practitioner and Presenter](#), has been a RN since 1982. Dr. Gail is an Advanced Practice Registered Nurse, with a Doctorate in Nursing Practice-Family Nurse Practitioner Certification. Dr. Gail's nursing education includes obtaining the following degrees: Associate in Science, Diploma of Nursing, Bachelor of Science in Nursing, Master of Science in Nursing, Family Nurse Practitioner, and Doctor of Nursing Practice. Dr Gail retired from Mayo Clinic after serving the medical community for 50 years. The last 25 years of her practice focused on integrating holistic health care modalities with western medicine to bring full spectrum health to her patients.

Dr. Gail is a Certified Eden Energy Medicine Advanced Practitioner and faculty for all Eden Energy Medicine Certification programs. She is an author of 2 books and multiple articles,



# HERMITAGE FARM CENTER FOR HEALING

6415 West River Road NW  
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(507) 272-2528  
[www.hermitagefarm.org](http://www.hermitagefarm.org)

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Certified Reiki Master, Shamanic Practitioner, Advanced Practice Holistic Nurse, Whole Health Educator, Mediumship, and Certified Art of Raising Frequency Practitioner.

[Dr. Lisa Van Getson, APRN,DNP,FNP-BC, RN, APHN-BC, APNC-BC, MAT. Healing Arts Practitioner and Workshop Presenter.](#) Dr Lisa is an Advanced Practice Registered Nurse, with a Doctorate in Nursing Practice-Family Nurse Practitioner Certification and have been practicing as a clinician for 40 years at Mayo Clinic, St. Mary's Hospital, Rochester, MN and has worked in Nursing Academia for 20 years. Dr. Lisa has dedicated her profession to integrating western, holistic healthcare with Complementary and Integrative Health and Wellness. She has a particular passion in helping clients manage chronic illnesses, stress management, anxiety, depression, spiritual distress, and grief. Dr. Lisa is Certified in: Mindfulness-Based Stress Reduction (MBSR), Mindful Leader, Mindfulness-Based Mind Fitness Training, Workplace Mindfulness Facilitator and Holistic Health Coaching and an Energy Medicine Practitioner.

### **3 Nursing Continuing Education Credits per workshop**

It is not required to attend all of the workshops.

#### **Dates & Tuition- All classes meet 6-9 PM**

**March 26, 2025:** Class I: \$95- Discipline of Self-Care

**April 23, 2025:** Class II: \$95- Understanding Stress Management & Energetic Anatomy

**June 25, 2025:** Class III: \$95- Energy Medicine Techniques to Resolve Imbalances From Stress

**September 24, 2025:** Class IV: \$95- Integrate Food as Energy & Nutrition, Herbal Teas, Essential Oils

**October 22, 2025:** Class V: \$95- Transformational Experience- Bringing It All Together

**Early Registration for all 5 Workshops and get a discount: Total Cost \$450**

**15 Nursing Continuing Education Credits obtained for attendance of all 5 workshop**

**To Register:** Call Hermitage Farm Center for Healing at: 507-272-2528 or send an email: [hermitagefarm@charter.net](mailto:hermitagefarm@charter.net)



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