

REGISTRATION & CE INFORMATION

Register Directly Online at:

<https://www.cwny.org/happiness>

- Click the link and select “GO” at the bottom of the page.
- Fill in required information and select “Save Proceed to Review”
- Make sure your information is correct and select “Add to Cart”
- Select “Checkout” and fill in your payment and billing information
- Review your order and select “Submit Order”
- You will get an e-mail notification of your order

Your e-mail confirmation reserves your spot.

Deadline to register: April 30, 2018

This training has been approved for 3 live contact hours. Awarding of contact hours requires full attendance at all of the classes and the participant completing an evaluation. **No partial credit will be awarded for partial attendance.**

RNs: Catholic Health System is an approved provider of continuing nursing education by the Pennsylvania State Nurses Association an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Counselors: Catholic Charities of Buffalo, New York SW CPE is recognized by the New York State Education Department's State Board of Social Work & Mental Health Practitioners as an approved provider of continuing education for licensed social workers #0191 and LMHC #0047. Catholic Charities is recognized by New York State Office of Alcoholism and Substance Abuse Services as an approved education and training provider for CASAC continuing education credit. #0845

Building Your Self Care Practice for Greater Personal and Professional Happiness May 7th, 2018

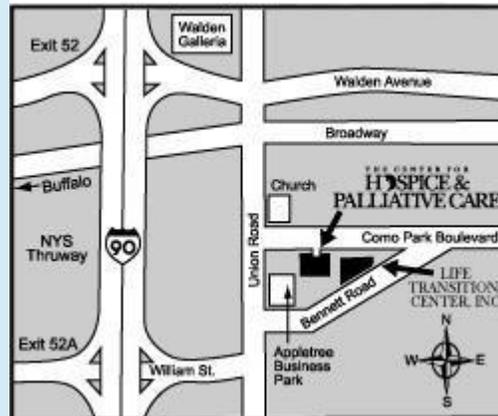
Location:

**The Center for Hospice
and Palliative Care
225 Como Park Blvd.
Cheektowaga, NY 14227**

Fee: \$25.00

Map & Driving Directions:

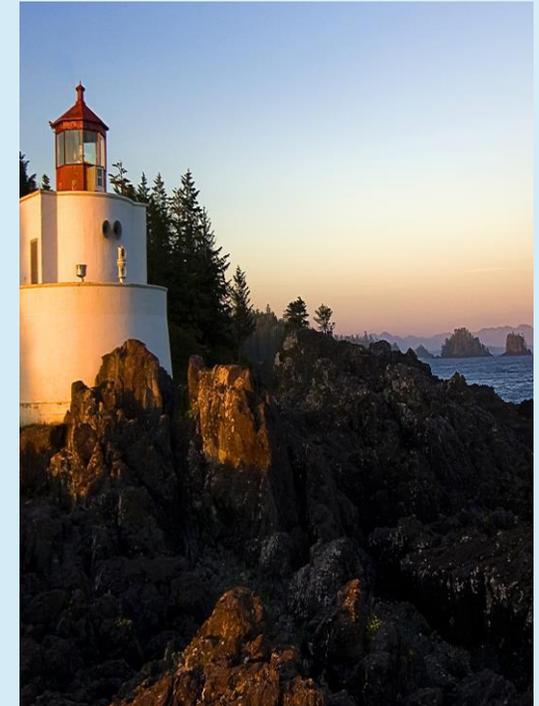
Hospice Buffalo Campus



To Hospice Buffalo Campus:

From North: Thruway (I-90) West to Exit 52 East - Walden Avenue East for .5 mile to Union Road, right on Union Road for 1 mile to Como Park Blvd., left onto Como Park Blvd., .5 mile to The Center on right.

From South: Thruway (I-90) East to Exit 52A East - William Street, right onto William Street East, William Street for 1 mile to Union Road, left onto Union Road for 3/4 mile to Como Park Blvd., .5 mile to The Center on right.



***BUILDING YOUR SELF
CARE PRACTICE FOR
GREATER PERSONAL
AND PROFESSIONAL
HAPPINESS***

MAY 7, 2018

 Catholic Health
Sisters of Charity Hospital
Co-Sponsored by Catholic Charities

PROGRAM: This program will introduce you to self-care practices to enhance your wellbeing and happiness.

Gain an understanding of integrative medicine that promotes preventive care and identifying the root cause of disease. Explore how connecting diet with wellness gives us tools for early intervention and prevention of disease in our bodies. Learn how changing your thoughts in any situation can create a joyful life by rewiring our brains. Your personal and professional happiness matters!

7:30-8:15 Registration and continental breakfast, healthy choices

8:15-8:20 Welcome, Hospice and Palliative Care CEO Dr. Chris Kerr

8:20-9:20 Dr. Jennifer Jennings, FNP, DNP

9:20-10:20 Sharon Lawrence, RDN,LDN

10:20-10:40 Break

10:40-11:50 Nancy Rizzo, CC

11:50-12:00 Wrap-up and evaluation

***All presentations will allow for 10 minutes of audience questions.**

Proceeds from today's seminar will go to Gerard Place a non-for profit dedicated to strengthening the East Side Community through individual and family empowerment. It also provides food, housing and support services to homeless persons and families.

There is no commercial support or sponsorship for this educational activity.

Planners and speakers have declared they have no conflict of interest related to this program.



**Dr. Jennings DNP, MS,
APRN, FNP-BC**

Dr. Jennings is the owner of Cardea Health in Buffalo NY, an integrative medicine practice specializing in infusion therapy. She is the President of the Buffalo Wellness Center and a Certified Chelation Therapist. She is currently pursuing multiple fellowships in Integrative/Functional Medicine with American Academy of Anti-Aging Medicine and Institute for Functional Medicine. Dr. Jennings has a passion for assisting individuals to reach their optimum levels of health and wellness through the use of integrative therapies; she will share her experiences with the audience.



**Sharon Lawrence,
RDN, LDN**

Sharon Lawrence is a recognized leader in science based nutrition education with over 40 years as an integrative nutritionist, health coach, educator and motivational speaker. She is a former clinical instructor at the University of Buffalo, special studies faculty at the Chautauqua Institute and spokesperson for the American Menopause Foundation. Sharon is considered one of the “most influential women in WNY” and is a frequent guest on area radio and TV segments on health and wellness.



Nancy Rizzo, CC

Nancy Rizzo is a Certified Life & Mindset Navigation™ Coach with trademarked systems that have created life-changing results for her clients. Nancy's systems and tools are based on the art and neuroscience of change retraining and re-wiring brain habits, thoughts, and beliefs so you live a more positive and joyful life. No one is exempt from life's challenges. Nancy's coaching philosophy is based on consistently choosing “Mindset First and Action Second” so you can be successful – making choices that you can actually execute from authenticity and integrity. “You are here for a purpose, and you are meant to be happy” is the foundation of Nancy's coaching practice, Smart & Simple Wellness.



**Gabrielle Harrington
(Moderator)**

Gabrielle is the Staff Development Coordinator at Catholic Charities. She studied Political Science, Values Ethics and Social Action at Allegheny College from which she is a graduate and is currently enrolled in American University's Public Policy Masters.