

Attention all Nursing and Health Care Sciences Majors...



Date: Friday, February 12, 2010

Time: 7 pm to 9 pm

Location:

Ryah Yoga and Health

424 E Elm Street

Conshohocken, Pa 19428

Cost: \$5.00 cash per 2 attendees, family and friends welcome.

Hosted by: AHNA Philadelphia Area Network.

o **Come learn about:**

- ✚ Holistic nursing.
- ✚ How to incorporate holism into your life and career.
- ✚ How to manage stress in school and the working world.



o **Experience alternative modalities such as:**

- ✚ bio-field therapies
- ✚ yoga
- ✚ guided imagery
- ✚ acupuncture

- o Even participate in a drumming session!
- o Refreshments included.
- o Bring friends and have an evening in Conshohocken after the event!!

Questions about the event? Contact Margaret Brown, Network Leader at [215-962-7573](tel:215-962-7573) or www.innerlightrecovery.com