“Personal Resilience: Time, Tools and Techniques”

A Workshop for Nurses and Healthcare Professionals

St. Francis Retreat Center – Bethany House  
703 East Main Street  
DeWitt, Michigan 48820

April 19-20, 2012  
Thursday 2:00 PM – 8:00 PM  
Friday 8:30 AM - 4:30 PM

Instruction, Meals & Materials  
$150.00  
Registration will be limited to 20  
Overnight stay optional  
$50.00 for single occupancy  
$65.00 for double occupancy  
Registration:  
https://commerce.cashnet.com/msu_3053
Personal Resilience: Time, Tools and Techniques

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Nurses and other healthcare professionals are compassionate and dedicated. They work in settings that are complex, fast paced and stressful. Developing and strengthening personal resilience helps individuals face these challenges and fosters positive work-life balance. Reaffirming the need for self-care and learning new ways to maximize health and wellness is the focus of a workshop co-sponsored by Michigan State University College of Nursing and the Michigan Center for Nursing. Join a small group of colleagues in a relaxed environment and learn how to integrate wellness practices and techniques from an expert in Chinese medicine. In China the practice of Chi Gong (energy exercises which enhance vitality and promote immunity) is fundamental to the medical education of doctors and nurses to bolster their well-being, stamina and to empower them to pass on the same self-care practices to patients. The workshop will feature:

- Chi Gong instruction and practice
- Acupressure techniques and practice
- Nutrition and seasonal wellness teas
- Individual wellness consultation

Faculty: Elizabeth Marazita graduated with honors from Michigan State University-James Madison and the MSU Honors College in 1984. After attending Graduate School in International Affairs at Columbia University, and interning with the U.S. State Department in Washington D.C. and again with the U.S. Embassy in Brasilia, Brazil, she spent the next 11 years as an international banker with UBS, AG. While working as a Banking Executive in Asia, she became interested in Asian Paths of wellness to cope with her corporate stresses. Her studies in Tai Chi, Foot Reflexology, Herbal Medicine, and Acupuncture led her to a career change from Finance to Health care. From 1999-2007, she attended medical school in Chinese Medicine and Naturopathic Medicine at Bastyr University, Seattle, Washington and became a Licensed Acupuncturist. She earned National Certification by the National Certificate Commission for Acupuncture and Oriental Medicine (NCCAOM). Elizabeth’s health care philosophy is one of empowerment, education and self-care. She has been a clinical faculty in Reflexology and Chi Gong at the University of Washington School of Nursing in Seattle, WA. Elizabeth’s is fluent in English, Mandarin Chinese, French, Spanish, Italian and Portuguese and she presents and consults both in the US and internationally. She is also a co-owner at the Wander’s Teahouse & Café, and Red Cedar Acupuncture both located on Grand River, East Lansing, MI.

Michigan State University College of Nursing (OH-294, 08/14/09) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.