



Dear Community Partner,

The Phoenix Chapter of HPNA will be hosting *Refresh and Retreat* on November 4-5th, 2018 to kick-off National Hospice and Palliative Care Month. The objective for the retreat is to offer tools that will tackle the physical, behavioral and psychological demands of working in hospice and palliative care.

The needs of hospice and palliative professionals must be supported because they undergo such physical and psychological effects related to caring for dying patients and their loved ones (Carter et al., 2013). With a target toward all roles within the Hospice and Palliative network, this retreat will emphasize educational techniques that captivate resilience and self-care.

The Franciscan Renewal Center is a place of sanctuary, wellness and healing that will refresh, enlighten and re-energize the mind, body and soul. Our goal is to encourage collaboration and cultivate professional support, to raise awareness and inspire self-reflection, to promote relaxation and reduce stress.

HPNA Phoenix Chapter is a 501(c)3 organization. Contributions are greatly appreciated in the form of time, talents, sponsorship, cash or prize donations.

Contact: [phoenixhpna@gmail.com](mailto:phoenixhpna@gmail.com).

Retreat registration: [ahpco.org/event/2018retreat](http://ahpco.org/event/2018retreat)

Retreat Info: [RefreshAndRetreat.com](http://RefreshAndRetreat.com)

Sincerely,

*Moriah Colon, BSN, RN, CHPN*

Moriah Colon, BSN, RN, CHPN  
Secretary, HPNA Phoenix Chapter

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