

## Spirituality and the Roots of Wellness

*"Healthcare loves data. Measurements and outcomes provide data and data drives medicine... and reimbursement... and the services we render. But there are things we have not measured or coded that profoundly impact health and coping."*

*Research is beginning to reveal that spirituality, relationships and communication may be stronger predictors of wellness than vital signs, diagnostic tests and treatment regimens.*

*How can we, as healthcare professionals, understand and interact with faith, family and friends to promote wellness and resilience?"*

*Dr. Alma Golden*



## LOCATION

**Baylor Orthopedic & Spine Hospital of Arlington**

707 Highlander, Arlington, TX 76015

From I-20, take Matlock North to Highlander Drive. Turn left on Highlander and BOSHA is on the right.



**"You matter because you are you, and you matter to the end of your life. We will do all we can not only to help you die peacefully, but also to live until you die."**

*— Dame Cicely Saunders, nurse, physician and writer, and founder of hospice movement (1918-2005)*



## Ft Worth and Dallas Regional Chapters Hospice and Palliative Nurses Association



## SPIRITUALITY AND THE ROOTS OF WELLNESS

**Saturday, Nov. 5, 2016**  
8am—12:00 pm

Baylor Orthopedic & Spine  
Hospital of Arlington

# Spirituality and the ROOTS of Wellness

Saturday, November 5, 2016  
8am—12:00 pm

## PRESENTER

Dr. Alma Golden is a retired pediatrician from Temple, TX. Dr. Golden has worked in private practice, healthcare administration, national and international public health policy.

Dr. Golden is interested in the effect that spirituality has on wellness.



<http://commons.grd.msu.edu/wp-content/uploads/2015/10/2015.-10.-21-Spirituality-Wellness.jpg>



## PROGRAM

HPNA's Dallas and Fort Worth Chapters have joined together to celebrate National Hospice and Palliative Care Month with this inspirational program on faith and family.

- 08:00 am Registration
- 08:30 am Spirituality and the roots of wellness:  
*Family structure / function & implications for health behaviors*
- 10:00 am Break
- 10:30 am Spirituality and the roots of wellness:  
*Impact of religion & spirituality on wellness*  
*Communication techniques*
- 12:00 pm Evaluation

*Approval pending for 3 Nursing CE:s: Attendance at the course in its entirety and completion of an evaluation is required for CEs to be awarded. The Hospice and Palliative Nurses Association is an approved provider of continuing nursing education by the California Board of Registered Nursing (provider number CEP 7976) to offer nursing education contact hours.*

For more information contact:

Dallas Chapter

<https://hpnadallas.nursingnetwork.com/>

Fort Worth Chapter

<https://hpnafw.nursingnetwork.com>



## REGISTRATION

National HPNA Member:	\$ 30
Non-member:	\$ 55*
Student	\$10

\*Non-members who would like to join HPNA will qualify for the \$30 member fee with proof of new HPNA Membership.

[WWW.HPNAFW.NursingNetwork.Com](http://WWW.HPNAFW.NursingNetwork.Com)

**To register and Pay by Credit/Debit card:** Please complete the registration and payment process online. Your registration will be confirmed immediately upon completion.

**STEP 1:** Go to <https://hpnafw.nursingnetwork.com>

**STEP 2:** Select Upcoming Events

**STEP 3:** Select November 5th event

Just follow the directions, once you are on the event site.

Or scan QR code below

REGISTRATION DEADLINE:

Wednesday, Nov. 2, 2016

