Presentation Title:  “Rekindle Your Passion and Vitality for Life: Create Your Optimal Health of Body, Mind and Spirit”

Speaker(s):
• Kim Evans, MSN, BSN, APRN, RN
  Advanced Practice Nurse Owner
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Objectives:

1. Define the relevance of Dr. Bowler’s Energy Model in creating optimal health of Body, Mind and Spirit.
2. Describe the role of diet as a therapeutic tool for heart disease, diabetes, obesity and dementia by decreasing inflammation with a healthy internal environment.
3. State the significance of the APO E gene in helping to create a healthy internal environment with optimal nutrition.
4. Describe at least 3 healthy behaviors to reduce your stress response and enhance your sense of well-being.
5. State the significance of Spiritual health in achieving optimal wellness.