

1st Annual Seminar Speaker Brief

Roberta Schweitzer,
PhD, RN, LMT

As a Faith Community Nurse Educator for the Westberg Institute for Faith Community Nursing, Roberta has also taught nursing at Purdue University and is certified as a Mental Health First Aid Instructor. She has worked as a Certified/Licensed Massage Therapist, Psychotherapist, and a Faith Community Nurse in a Jewish synagogue. These experiences allow her to work with those coping with illness, stress or change - patients, family members and professional caregivers.

What is Health Ministry?

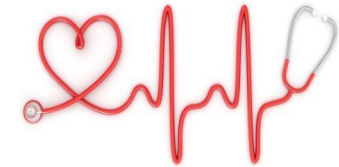
A Health Ministry is any ministry within a faith community that promotes wholistic health by helping others celebrate life, enhance coping, embrace wholeness, and bring a sense of peace. Faith leaders of all backgrounds can participate in the health of their own communities

What is Faith Community Nursing?

FCN is a nursing practice specialty that focuses on the intentional care of the spirit, promotion of an integrative model of health and prevention and minimization of illness within the context of a community of faith.

For more information or to be added to our email list for future events, please contact Karen Hernes & Nan Paarlberg at nurse@tlcvalpo.com or leave a message for the Trinity parish nurses at 219-462-9624.

1st Annual Northwest Indiana Health Ministry Seminar



September 30, 2017

8:30 am to 12:30 pm

Trinity Lutheran Church

201 Washington St

Valparaiso IN 46383

Seminar Agenda

Who Me? Stressed? Self-care for Nurses & Caregivers

**Roberta Schweitzer,
PhD, RN, LMT**

We all deal with multiple demands and stressors in our daily lives -

- financial worries
- work issues
- family/relationship concerns
- changes in health status

When stress is overwhelming, we tend to neglect ourselves first.

Although we know the importance of self-care, we can all benefit from a periodic “refresher course” and reassessment of priorities. Self care can get us back on track to care for ourselves and be more available to help others.

In this 2 hour presentation, participants will:

1. Review the impact of stress overload
2. Explore examples of practical stress management and relaxation strategies
3. Draft a personalized plan to promote stress reduction and self-care practices

WHY? Come learn about Health Ministry & Faith Community Nursing. Meet others interested in this ministry work and learn a bit about self-care for yourself and the caregivers you serve.

WHERE?

Trinity Lutheran Church
201 Washington St
Valparaiso, IN 46383

*Parking lot & elevator entrance from Lafayette St

WHEN?

Saturday, September 30, 2017
8:30 am – 12:30 pm

AGENDA?

8:30 AM Registration, refreshments, networking
9:00 AM Welcome & Intro to Health Ministry and Faith Community Nursing
9:30 AM **Who Me? Stressed? Part I**
10:30 AM Refreshment break and networking
11:00 AM **Who Me? Stressed? Part II**
12:00 PM Closing remarks and announcements

COST? \$15 per participant

Application for 2 Contact Hours for Nurse Continuing Education is pending. Please email nurse@tlcvalpo.com if you have questions about contact hours or if you need your participation fee waived. Print more brochures at <http://tlcvalpo.com/faith-in-action/health-ministry/>

Please mail this page with a check written to **Trinity Lutheran Church**, memo line: **Health Ministry**.

\$15 per participant

Postmark by September 22, 2017

Mail to:

Trinity Lutheran Church
Attn: Health Ministry
201 Washington St
Valparaiso, IN 46383

Name _____

Address _____

Phone _____

Email _____

Profession _____

Church / Faith Community _____

Indicate if you would like 2 Nursing Contact Hours for this event if available.

____ Yes ____ No