

2018 ADMINISTRATIVE PROFESSIONALS DAY

Resilience, Wellness and Balance

Friday, April 20, 2018 | NJHA Conference Center | 760 Alexander Road, Princeton, NJ

Are you caught up in blunders that keep you stuck, frustrated and even emotionally drained? Join your colleagues for a day that's all about you. Be part of an interactive seminar focused on emotional well-being, and learn practical strategies you can use in your everyday life to build physical, mental and emotional resilience. Round out the afternoon with guided meditation and deep breathing exercises, aimed at providing you with tools to use for long-term investment in your emotional health.

- Cost \$95.00 Per Person
- 9 a.m. – 3 p.m. includes breakfast and lunch
- VENDORS ON SITE FOR THE DURATION OF THE PROGRAM:
Artisan jewelry, hand-made soaps, LuLaRoe,
complimentary Reiki therapy & chair massages.

To register visit us at:

<http://www.njha.com/Education/Brochure/?id=1892>



2018 ADMINISTRATIVE PROFESSIONALS DAY

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AGENDA

April 20, 2018

- 8:30 a.m. *Registration, Breakfast, Reiki and Chair Massages*
- 9:30 a.m. **WELCOME AND OVERVIEW**
PATRICIA DIMINO, MHRM, LNHA, CALA
New Jersey Hospital Association
- 9:40 a.m. **MENTAL HEALTH: A POLICY PERSPECTIVE**
MARY DITRI, DHA, MA, CHCC
New Jersey Hospital Association
- 10:30 a.m. **THREE BLUNDERS MANY PROFESSIONALS MAKE
THAT KEEP THEM STUCK**
FAITH McCALLA, MS
New Jersey Mental Health Association
- 11:30 a.m. *Lunch, Vendors, Reiki and Chair Massages*
- 12:30 p.m. **THREE BLUNDERS MANY PROFESSIONALS MAKE
THAT KEEP THEM STUCK, continued**
FAITH McCALLA, MS
New Jersey Mental Health Association
- 1:30 p.m. **MANAGING STRESS WITH MINDFULNESS,
YOGA, AND MEDITATION**
NANCY PAGLIA, MED, CMT, CYI, CHES
- 3 p.m. *Adjournment*



EDU 1834 – ADMINISTRATIVE PROFESSIONALS DAY | April 20, 2018

FEES: Member/Non-member: \$95

LOCATION: NJHA CONFERENCE AND EVENT CENTER
760 Alexander Road, Princeton, NJ 08540

DIRECTIONS: www.njha.com/directions.aspx




PAYING BY CHECK

Please fax your registration form prior to mailing with your payment. A copy of the registration must accompany your check in order to allocate your payment properly.

FAX: 609-275-4271

MAKE CHECK PAYABLE TO: HRET

MAIL TO: HRET – P.O. Box 828709 – Philadelphia, PA 19182-8691

-  For registration inquiries, please contact HRET at: HRETEducation@njha.com or 609-275-4181
-  If special accommodations are necessary, please call 609-275-4181
-  In the event of inclement weather, call 609-275-4140 before coming to the conference

REGISTRATION

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|-------------------------|-----------|-----|
| NAME | | |
| DESIGNATION/CREDENTIALS | JOB TITLE | |
| PHONE | E-MAIL | |
| ORGANIZATION | | |
| ORGANIZATION ADDRESS | | |
| CITY | STATE | ZIP |

METHOD OF PAYMENT: ☐ Check ☐ Credit Card

Payment Amount: \$ _____

| | |
|---|-----------------|
| CARDHOLDER NAME | |
| CARD# | EXPIRATION DATE |
| SIGNATURE | |
| BILLING ADDRESS (IF DIFFERENT FROM ABOVE) | |