

*Come Sail with Us and Earn Your Contact Hours!*



# LSNA

LOUISIANA STATE NURSES ASSOCIATION

presents:

## ***"Healthy Nurse, Healthy Nation: Promoting Health Through Resilience"***

**Cruise Dates:** Thursday, November 1 – Monday, November 5, 2018

**Ports:** from New Orleans to Cozumel, Mexico  
**Speaker:** Mrs. Sue Delaune

**Learning Outcome:** Participants will have an appreciation of the contribution of alternative therapies to personal life and professional practice.

**Target Audience:** Registered nurses and advanced practice nurses in all areas of practice. Other health care professionals are invited to attend.

**Sessions:** are held on Friday and Sunday. Saturday is a port day in Cozumel and no classes are held. 2.5 contact hours will be awarded each day for successful completion. A total of 5 contact hours will be awarded for attending both days. The cost of the program is \$50 for ANA/LSNA members and \$60 for non-members.

Louisiana State Nurses Association is an accredited provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

**Travel Arrangements:** Travel arrangements MUST BE made through Travel Central. This guarantees appropriate meeting space for our group. All meeting space is coordinated by Carnival so accurate numbers are important. Travel Central will be able to meet all Carnival web special pricing.

Please contact **Nancy Scorcia** at **Travel Central 3221 Causeway Blvd, Metairie, LA 7002**  
**(347) 255-5614 (cell) | FAX (504) 834-0159 | [nancy@travelcentralvacations.com](mailto:nancy@travelcentralvacations.com)**

For program information, please contact Patrick Reed, New Orleans District Nurses Association at (504) 296-5899 or [patrick.reed@nolanurses.org](mailto:patrick.reed@nolanurses.org). Additional information can be found at [www.lsna.org](http://www.lsna.org)

2018 LSNA Cruise & Learn  
November 1 - 5, 2018

**Mrs. Sue Delaune, MN, RN, CNE**  
**“Healthy Nurse/Healthy**  
**Nation:Promoting Wellness Through**  
**Resilience”**



**Mrs. Sue C. DeLaune, MN, RN, CNE is a nationally renowned presenter and author. Her entertaining presentation style encourages active participation by program attendees. Her areas of expertise include mental health issues, humor and health, compassion fatigue, and interpersonal effectiveness.**

**Let's Talk!**

**OUTCOME: Nurses will be able to apply knowledge in order to use resilience as a strategy to promote wellness in their personal life and professional practice.**

**According to The American Nurses Association, RNs are less healthy on average than the general public. In order to improve health**

**ADDITIONAL INFORMATION:**

**This program is held as two separate sessions.**

**Each session is 2.5 contact hours and a separate certificate is awarded at the end of each session. You must be on time and attend the entire session to receive that day's certificate. There will be no refunds for missing a session.**

**Since scheduling is done by the Cruise Line, and not LSNA, timing and room changes may occur.**

**Always check with the Purser's desk upon sailing and the morning of each session to see if changes have been made. Refreshments are not provided. Please bring**

**care for others, nurses must improve their own health. Resilience-building empowers nurses to advocate for healthy work environments and take positive steps to improve their own health status.**

**refreshments with you.**

**Every attempt will be made to provide reasonable accommodations for physically challenged attendees who require special services. Any special arrangements must be made through the ship.**

**Those who arrive late or leave early will not receive certificates.**

**LSNA Member fee - \$50.00  
Non-LSNA Member - \$60.00**

## **CE Payment**

**Continuing Nursing Education: This program is provided by Louisiana State Nurses Association Provider Unit for 2.5 contact hours each day. A total of 5.0 contact hours may be earned by attending both days. Separate certificates will be awarded at the end of each session. Must attend entire session and complete the evaluation in order to receive certificate.**

**Louisiana State Nurses Association - Provider Unit is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.**

**543 Spanish Town Road  
Baton Rouge, LA 70802**

**New Orleans District Nurses Association  
patrick.reed@nolanurses.org**

