

“Your Body Believes Everything You Think!”



Tuesday, October 31, 2023

Registration: 7:30 – 8:00 am

Conference: 8:00 am – 12:00 pm

Auditorium C, Dartmouth Hitchcock Medical Center, Lebanon, NH

OVERVIEW

In this class, we will discuss research findings about the body's reactions to what goes on in our heads. Thoughts ... i.e., worry, gloomy predictions, grudges, self-deprecation, discontent, negative mindsets, and clutter... can adversely affect our immunity, energy, overall health, and ability to cope. With equal measures of humor, wisdom, and practicality, we will explore strategies to attune our marvelous minds, bodies, and spirits to stay healthy and sound despite today's inner and outer challenges!

LEARNING OUTCOME

At the conclusion of this learning activity, (at least 75% of) participants will be able to discuss at least three strategies to improve one's personal wellness.

REGISTRATION

The registration fee is \$20. [NEAH members](#) and [member organizations](#) are \$15. Dartmouth Hitchcock Medical Center and Clinics employees are \$10. Need-based scholarships are available to employees. For information, please email amanda.e.sanchez@hitchcock.org.

Advance registration is required for planning purposes. Please make every effort to register seven (7) business days in advance of the learning activity. We will not accept walk-in or late registrants on the day of the learning activity.

To register, please visit the event website: <https://dh.cloud-cme.com>. For registration questions, please call (603) 653-1234 or email clpd.support@hitchcock.org.

If you need to cancel your registration, please call (603) 653-1234 or email clpd.support@hitchcock.org. Cancellations should be made seven (7) business days in advance of the learning activity.

ACCREDITATION

In support of improving patient care, Dartmouth Health is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Dartmouth Health designates this live activity for a maximum of 3.75 ANCC contact hours.

Other Learners: All other learners may claim general attendance credit. Consult your professional licensing board regarding the applicability and acceptance of general attendance credit for programs certified for credit by organizations accredited by Joint Accreditation for Interprofessional Education.

FACULTY

Researched and presented by Jeanne Childs, BCC, MA, Board Certified Clinical Geriatric Chaplain. Jeanne worked for many years at The D-H Aging Resource Center. Though now retired, she maintains her certification and volunteers in the community.

Photo Credit: Donald Hundgen



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REGISTER ONLINE: <https://dh.cloud-cme.com>