

Jefferson Health - Abington Faith Community Nursing Advisory Council
Cordially invites you to -

2023 FCN Summer Camp -
“Self-Care: A Journey in Choosing Wellness”

Self-Care is essential to creating wellness. Yet our lives and our time are filled with stress, self-neglect, caring for others and a lack of self-compassion.

As Faith Community Nurses one of our roles is to promote the wellness of our faith community - So where do we begin?

We can begin by educating ourselves on how we can create a path to our own self-wellness through self-care. Intentionally providing time for ourselves while providing hope and healing for others on their journey to health.

Date: Friday, July 21, 2023

Time: Registration: 8:15 am - 9:00 am

Program: 9:00 am - 2:00 pm

Location: Calvary Church, 820 Rt. 113, Souderton, PA 18964

Fee: \$60.00 (JH employee: \$50)



This program has been approved for **4.0** contact hours for nurses

This continuing nursing education activity is approved by Jefferson Abington Hospital as an accredited provider by the PA Department of Health licensure and the Joint Commission.

Attendees eligible for contact hours must attend the entire program without exception.

Evaluations must be completed and turned in to receive certificate of contact hours.

Those unable to attend the entire program are not eligible for part of the contact hours awarded.

Fee includes: Continental breakfast, lunch, snacks, all materials, activities, nursing contact hours

Please note the following:

- Participants will need to bring their own hot beverage - Bottled water will be provided.
- Chair massages will be available. You must register for a chair massage in advance (see registration form). Registration deadline for massage is Friday, July 7th.
- General registration deadline is Friday, July 14th.

For additional information, call Rachelle “Shelly” Longcoy
(215)361-6796 or email at Rachelle.Longcoy@Jefferson.edu

REGISTRATION FORM (Registration deadline: Friday, July 14th)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Cell Phone: _____

Email: _____

Special Dietary Needs: _____

Would you like to have a 10 minute chair massage?: (circle one) YES NO

Deadline to register for a chair massage is Friday, July 7th

Registration fee: \$60 (JH employee: \$50)

- Please make checks payable to: **Jefferson Lansdale Hospital**
(*Please note FCN Summer Camp in memo section of the check)

Registration may be done:

- **By Mail** - Complete this form and send with payment to:
Community Health
Attn: Shelly Longcoy
Jefferson Lansdale Hospital
Founder's Building, 2nd Floor
100 Medical Campus Drive
Lansdale, PA 19446
- **By Phone - Credit Card** by calling (215)361-6796

Registration fee is non-refundable