

Conference for Patient Advocates, Guest Relations & Patient Experience Leaders
Presented by the New Jersey Society for Healthcare Advocacy and
Patient Experience (NJSHAPE)

Mindfulness and Stress Reduction



Presenter is Linda Townshend, Mindfulness Instructor

Monday, September 12, 2016

Come join fellow Patient Advocates and Patient Experience Leaders at the beautiful
Maris Stella Retreat & Conference Center on the Beach and Bay in Harvey Cedars, NJ
7201 Long Beach Boulevard
Harvey Cedars, NJ 08008



Agenda

- | | |
|-------------------------|--|
| 8:30 a.m. - 9:30 a.m. | Registration & Continental Breakfast |
| 9:30 a.m. - 10:00 a.m. | Greeting, Introduction & Short Reflection |
| 10:00 a.m. - 10:30 a.m. | Board Update |
| 10:30 a.m. - 12 Noon | Presenter – Linda Townshend Minding the Moment
Her website: www.mindingthemoment.com

In a world filled with increasing busyness, distraction, and even our own negative self-beliefs, Linda's focus is to provide skills and practices to support people in their self-care and to help them connect with their own inherent wisdom. Her work in Patient Experience inspired her to share the benefits that mindfulness and meditation have provided in her own life and the resulting richness and appreciation it has brought to all of life's experiences. |
| 12 Noon - 1:30 p.m. | Sponsors' Presentation & Lunch <ul style="list-style-type: none">▪ ASL Referral Services▪ Cyacom▪ Press Ganey▪ RL Solutions |
| 2:00 p.m. - 3:00 p.m. | Sr. Marion Scranton – Meditation and information re: Soul Collage |