



# Parish Health Ministry

## Greater Cincinnati Parish Health Ministry Network Meeting

**Wednesday, January 29, 2020**

**11 a.m. to 1 p.m.**

(Light lunch included)

### **“The Power of Self Care”**

**Presented by: Tamara White and Kelly Richey**

Tami and Kelly believe that “The Best Health-Care is Self-Care”! From knowing or discovering what’s important, to creating time and space to dream, self-care – even radical self-care – is at the core of their programs. Their presentation fosters wellness, professional development, motivation and mindfulness for Parish Health Ministry volunteers and lay and professional caregivers. It offers simple, healthy, compassionate practices for busy, burnt-out and stressed individuals.

Tamara White is a Board-Certified Adult/Geriatric Nurse Practitioner. She is also a yoga instructor and has a passion for helping dogs, fostering over 130 dogs over the past 20 years. Kelly Richey is an award-winning blues musician, poet/songwriter, guitar teacher, life coach, spiritual director, and inspirational speaker. She is committed to supporting people on their path towards wholeness.

**Location:** Episcopal Retirement Services Support Offices  
3870 Virginia Avenue, Cincinnati, Ohio 45227  
Think Tank Conference Room

**Cost:** Lunch, Program & Contact Hours: **Free to PHM Partners**  
Non-partners: \$10.00 (paid at the door)

**Please RSVP by Wednesday, January 15th** to Tricia at [tettinger@erslife.org](mailto:tettinger@erslife.org)  
or 513-979-2246.

**Register early! Seating is limited.**

This CE activity, OLN-S-000-00 being offered by Tamara White Consulting LLC has been approved for 1 contact hour by the Ohio Board of Nursing through the approver unit at the Ohio League for Nursing (OBN-006-92) and this program is approved to be offered through 5/2021.