

HEALTH



MINISTRIES  
ASSOCIATION • INC.

# **Health Ministries Association** **2019 National Conference**

## *Faith Based Approaches to Cultivate Healthier Communities*

October 11 - 14, 2019

St. Elizabeth Training and Educational Center, 3861 Olympic Blvd., Erlanger, KY

---

### *Pre-Conference Offerings*

Friday, October 11, 2019

***Creating a Good PITCH - Leaving Your Audience Wanting More***

**~ Shane Meeker ~**

8:00 am – 3:45 pm

***Creating Sanctuary: Challenges Facing LGBT Youth***

**~ Andy Buechel, PhD ~**

8:00 am - 12:15 pm

***Mindful Stress Management for Those Who Serve***

**~ Kim Lauch, E200RYT, 500RYT, RCYT, YACEP, AADP ~**

12:15 pm - 4:15 pm

**Continuing Education:** Contact hours are being determined for this educational activity. St. Elizabeth Medical Center d.b.a. St. Elizabeth Healthcare is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. KBN accepts ANCC hours.

*For more information, and how to Register, go to the [Upcoming Conference](#) page*

**website - HMAssoc.org**

# Pre-Conference Offerings

Friday, October 11, 2019

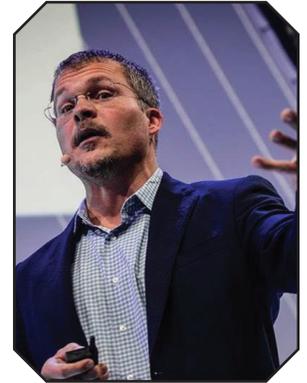
## **Creating a Good PITCH - Leaving Your Audience Wanting More**

**– Shane Meeker:** 8:00 am – 3:45 pm

Join us for a session on how to create a powerful ‘elevator pitch’ for your work or ideas. When you have a memorable story about who you are and what your mission is, it transcends boundaries and opens doors. Stories have the power to move us to take action.

Do you know what the most powerful part of your story is, how to share it and leave the audience wanting more? If you are approaching a funder, presenting an idea to church leadership or a board of directors, you need to be able to effectively share the passion and power of your story to engage them.

Storytelling in our work is just like storytelling in film, theatre, literature and communication – it is an integral part of our lives. Shane will cover some fascinating techniques that can be used for any situation, in a fun mix of information and hands-on practice.



## **Creating Sanctuary: Challenges Facing LGBT Youth**

**– Andy Buechel, PhD:** 8:00 am - 12:15 pm

Today’s lesbian, gay, bisexual, and transgender (LGBT) community has unique risks and needs from the healthcare community. All health care providers, those with religious affiliations and those without, interact with LGBT patients and need to know the challenges they face. During this pre-conference session Andy will provide participants information on the following key points:

- Basic ways to help you better communicate with LGBT patients
- Learn the health risks that are common to the LGBT community and their causes
- Understand how health care professionals can help mitigate these risks

## **Mindful Stress Management for Those Who Serve**

**– Kim Lauch, E200RYT, 500RYT, RCYT, YACEP, AADP:** 12:15 pm - 4:15 pm

Kim will address exploring holistic breathing, chair movements, communication and consumption practices customized for healthcare providers to practice at work and home. The definition of mindfulness will unfold as you begin to cultivate awareness through these holistic practices. You will learn how to maintain a mindful and more efficient workplace. Most importantly you will learn who you are in this present moment, what changes may need to be made for your health opportunity, and how to maintain longevity for yourself.

Stressful sensations will always be coming from the environment and sometimes from within. There is no better time than the present to get control over how you react to these stressful environments. Instead of “reacting” without mindfulness its time to be the one in control of how you process stress - be aware of your reaction and mindfully respond with the tools included in this workshop.

For the betterment and longevity of yourself and your community it’s time to be aware of your present state, compassionately be open to any changes needed, and alleviate yourself from suffering.



*To read the Presenter’s bios, please go to the Upcoming Conference page.*