

**WINTER
2023**

Quarterly Meeting

Friday, December 8 | 8:30 AM - 2:45 PM

In person at the Sheraton Framingham Hotel and Conference Center, MA

PROGRAM CONTENT

ONL BUSINESS MEETING

MEMBER POSTER PRESENTATIONS

Sharing the incredible work that is transforming nursing practice and patient care in our region

KEYNOTE: DR. BERNADETTE MELNYK

Nurses' well-being: evidence-based strategies for cultivating a culture of well-being and for enhancing nurse leaders' personal health and wellness

COMMUNITY, CONNECTION & CELEBRATION

Dedicated time for connection and fun with fellow nurse leaders from across the region

TIME WITH VENDORS

Learn about products and solutions that can support your organization

WHO SHOULD ATTEND

This program offers something for nurses at all levels of leadership, from nurses leading change at the bedside to those leading health systems.

It also offers terrific team bonding and shared learning for nursing teams.

CONTACT HOURS

Attendees will be eligible for 2.75 contact hours

REGISTRATION DETAILS

REGISTRATION FEE: \$275

TO REGISTER AS AN INDIVIDUAL:

Visit www.oonl.org/winter-quarterly-meeting-2023

TO REGISTER A GROUP: Download the [sign-up form](#)

QUESTIONS? Email info@oonl.org

WELL-BEING AS WORKFORCE STRATEGY

Why Enhancing Nurses' Well-Being is a Strategic Imperative, and What Nurse Leaders Can Do

Nurses' well-being is mission-critical; it impacts not only individual performance, but also team dynamics, retention, and, by extension, patient outcomes. Enhancing nurses' well-being and cultivating cultures of well-being are therefore strategic imperatives for healthcare organizations. This program will delve into nurses' well-being as a lever for transformative change and what nurse leaders need to know to enhance their own personal well-being and that of their teams.

Join us to gain insights, inspiration, and actionable strategies and to connect and collaborate face-to-face with fellow nurse leaders!

REGISTER TODAY!

KEYNOTE SPEAKER

Bernadette Melnyk, PhD, APRN-CNP, EBP-C, FAANP, FNAP, FAAN



Dr. Bern Melnyk is Vice President for Health Promotion, University Chief Wellness Officer and Professor and Dean of the College of Nursing at The Ohio State University, where she also is a Professor of Pediatrics and Psychiatry in the College of Medicine and Executive Director of the Helene Fuld Health Trust National Institute for Evidence-Based Practice. She is recognized for her clinical knowledge and expertise in evidence-based practice, mental health, and intervention research, as well as her innovative approaches to health and wellness.

Building Cultures of Well-Being to Retain a Thriving, Engaged Workforce: Evidence-Based Strategies for Success

Dr. Melnyk will discuss the state of health, well-being, and burnout across the nursing profession and share evidence-based strategies for enhancing a culture of well-being to improve quality and safety.

Enhancing Personal Health, Well-Being and Energy: Key Tactics for Leaders

Dr. Melnyk will share key tactics for leaders to enhance *personal* health and well-being and impactful, practical strategies to enhance and sustain energy.