

**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](http://www.oonl.org/winter-quarterly-meeting-2023)

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

**QUESTIONS?** Email [info@oonl.org](mailto: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 and Chief Wellness Officer for The Ohio State University. She also is the Executive Director of the Helene Fuld Health Trust National Institute for Evidence-based Practice (EBP), the Helene Fuld Health Trust Professor of Evidence-based Practice, former dean of Ohio State's College of Nursing, and Professor of Pediatrics and Psychiatry at Ohio State's College of Medicine. 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.