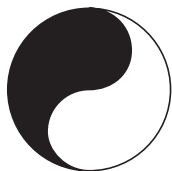


## Registration Form

### Return to:

Fairleigh Dickinson University  
1000 River Road, H-DH1-02  
Teaneck, NJ 07666



**Credit card payments** can be made  
by phone: (201) 692-6500  
or fax: (201) 692-6505

**Course ID:** Holistic Health

**Cost:** \$100 for one day, \$160 for both days

**Cost for senior citizens 62 or older with valid IDs,  
students with valid IDs, FDU faculty and staff:**

\$67 for one day, \$125 for both days

**Dates Attending**  Friday, June 27  Saturday, June 28

Experiencing CAM, June 28

**Circle the workshop you plan to attend**

- Sugar Blues *or*  Figuring Out  
 Clearing *or*  Receiving Dividends

**Lunch:**  Vegetarian  Non-vegetarian

**Please provide the following information**

Student ID# \_\_\_\_\_

Senior Citizen \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone Numbers:

Day \_\_\_\_\_

Evening \_\_\_\_\_

Cell \_\_\_\_\_

**Method of Payment:**

Check  Visa  MasterCard  American Express

Make payable to Fairleigh Dickinson University

Credit Card Number \_\_\_\_\_

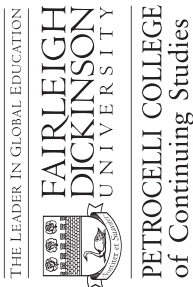
Expiration Date \_\_\_\_\_

Vin No. \_\_\_\_\_

*(3 numbers following number on back of card)*

Signature \_\_\_\_\_

Continuing Education  
1000 River Road, H-DH1-02  
Teaneck, N.J. 07666



# What the “Health”?

*An Introduction to  
Holistic Health for  
Health Care Providers  
and those interested in  
Holistic Self Care*

**Friday, June 27, and/or  
Saturday, June 28, 2008**

**9 a.m.–5 p.m.**



PETROCELLI COLLEGE  
of Continuing Studies

# What the “Health”???...

What the Health is a Health Fair and Continuing Education program introducing participants to the differences between the traditional medical model of health care and alternative models of care.

Workshop presenters will provide didactic and experiential learning opportunities to facilitate the integration of wholeness and balance into their lives.

Holistic vendors will be present throughout.

## Program Highlights

**Friday, June 27, 2008, 9 a.m. to 5 p.m.**

### One foot in the boat, one foot on the “Doc...” Introduction to Complementary Alternative Modalities (CAM)

**9–9:30 a.m. Registration and Breakfast**

**9:30–10:20 a.m. Opening Remarks:**

*Professor Minerva Guttman, EdD, RN, APN, Director of Henry P. Becton School of Nursing and Allied Health*

**Opening meditation, Holy Health Raising!**

Introduction to Holistic Health  
*Diane Dettmore*

**10:30–11:20 a.m. What’s Eating You?**

Introduction to Integrative Nutrition  
*Camille Hebert*

**11:30 a.m.–12:20 p.m. Who’s Needling You?**

Introduction to Acupuncture  
*Helen BetGivargis*

**12:30–1:30 p.m. Lunch (provided)**

Happy Shopping at Holistic Vendors

**1:30–2:20 p.m. What Were You Thinking?**

Introduction to Feng Shui  
*Laura White*

**2:30–3:30 p.m. Handle With Care!**

Introduction to Reiki  
*Donna Carrarzone*

**3:30–4:30 p.m. What Did I Learn? What Did I Win? and “Why Am I Still ... Here?”**

*Diane Dettmore*

**Saturday, June 28, 2008, 9 a.m. to 5 p.m.**

## Let’s dive in! Experiencing CAM!

**9–9:30 a.m. Registration and Breakfast**

**9:30–10 a.m. Opening Meditation, Good Vibrations**

Introduction to Qi Gong  
*Diane Dettmore*

**10–11 a.m. Reinventing the Wheel**

Discovering the Chakra Energy System  
*Diane Dettmore*

**11:10 a.m.–1 p.m.**

Select *one* of the Morning Workshops and check your choice in the box provided on the Registration Form.

• **A) Singing the Sugar Blues**

Discovering sugar, sweeteners and their effects on our diet.  
*Camille Hebert*

• **B) Figuring Out The Feminine**

Discovering supportive acupuncture treatments for female health.  
*Helen BetGivargis*

**1–2 p.m. Lunch (provided)**

Happy Shopping at Holistic Vendors.

**2:10–4 p.m.**

Select *one* of the Afternoon Workshops and check your choice in the box provided on the Registration Form.

• **C) Clearing the Back 40**

Discovering methods of space clearing to create balance and harmony.  
*Laura White*

• **D) Receiving Dividends**

Discovering methods of balancing internal energy to promote health.  
*Donna Carrarzone*

**4–5 p.m. What Did I Learn? What Did I Win? Why am I Still ... Here?**

*Diane Dettmore*

## Time and Location

Each session will be held from 9 a.m. to 5 p.m. on Friday, June 27, and Saturday, June 28, at the Metropolitan Campus of Fairleigh Dickinson University, Wilson Auditorium, Dickinson Hall, 140 University Plaza Drive, Hackensack, N.J. 07601. For directions go to: [www.fdu.edu](http://www.fdu.edu) and click: Metropolitan Campus, then click, Getting Here.

## Presenters

**Diane Dettmore, EdD, RN**, is an associate professor of nursing at the Henry P. Becton School of Nursing and Allied Health at Fairleigh Dickinson University. She is a psychotherapist and Reiki Master who has taught extensively and has published in the areas of psychiatric nursing and holistic health. Dettmore currently runs a holistic health center in Fort Lee, N.J.

**Helen BetGivargis, BS**, is a licensed acupuncturist. She practices in Connecticut and has a sub-specialty in women’s health.

**Donna Carrarzone, APN, RN**, is an advanced-practice nurse who specializes in holistic health and Reiki. She is currently a doctoral student and has a private practice in New Jersey.

**Camille Hebert** is a holistic health counselor certified by the Institute of Integrative Nutrition affiliated with Teacher’s College, Columbia University. She practices health and nutrition counseling in New York and New Jersey.

**Laura P. White, BA**, is a facilitator of meditation and feminine wisdom circles. She has a Feng Shui and space-clearing practice in the tri-state area.

## Fees and Registration Information

Participants can register for one or both days. Registration fees include continental breakfast, brown-bag lunch, conference materials, processing of contact hours for registered nurses, access to the Health Fair, vendors and the chance to win donated prizes.

Registration is nonrefundable after June 1, 2008. Space is limited; please register early.

Registered nurses will receive 6 Continuing Education Units (CEUs) per day as approved by the State Board of New Jersey in alliance with the Henry P. Becton School of Nursing and Allied Health, Fairleigh Dickinson University.

**Fees:** \$100 for one day; \$160 for both days

FDU faculty and staff, students with valid IDs and senior citizens 62 or older with valid IDs: \$67 for one day and \$125 for both days.

**For questions and more details about this workshop** contact Diane Dettmore at (201) 692-2885 or at [dettmore@fdu.edu](mailto:dettmore@fdu.edu).