

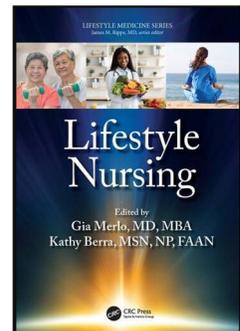
Lifestyle Nursing Initiative

Mission: Advancing LN (Lifestyle Nursing) principles and practices in academia and in the workplace through education, research, and active leadership.

Since 2018

- **In August, Lifestyle Nursing** was published by Routledge Taylor & Francis Group. This book was edited by Gio Merlo, MD, MBA & Kathy Berra, MSN, NP, FAAN with many authors contributing to this quality work. I recently received a copy of this book and look forward to reading this important content on a variety of topics, found within its pages. Here is a link if this interests you:

<https://www.routledge.com/Lifestyle-Nursing/Merlo-Berra/p/book/9781032013343>



- **Educational Strategies for Healthcare Professionals - Leveraging Engagement and Content Delivery of Healthy Lifestyle Practice** Cody Stubbe, MSN RN, Karla Rodriguez, DNP, RN, and Terri, have been meeting regularly as we prepare to present a 3-hour workshop at the ACLM 2023 Conference in Orlando, November 13, 2022.

The workshop will provide practical tips to enhance delivery of healthy lifestyle practices in a variety of settings, whether in an academic course, clinical rotation, campus setting, or community setting. This content is delivered with a practical application focus to support the health care individual and the client. This includes describing ways to assess health status and optimize lifestyle choices to promote healthier living. Rationales, tools, resources, ready-to-use programs, and guidelines for implementing available content delivery methods will be highlighted.

Who are we? Come find out! ACLM Conference '22
November 13th 1-4 p.m. Workshop on Educational Strategies



Cody Stubbe, MSN, RN
 Nebraska Methodist College
 Purdue University Global

I have transitioned my family of 5 from a SAD to a WFPB eating pattern.



Karla Rodriguez, DNP, RN,
 NC-BC, CNE, DipACLM, Rory
 Meyers NYU College of Nursing

I ran the half marathon in New York over 10 years ago. I will be riding 45 miles on September 18th in Bike the Beach in CT. (I don't want to jinx it - We're still in August.



Terri Gibson, DNP RN, AMB-BC,
 DipACLM, Faith Community Nurse
 Southwestern Adventist University

I have climbed the 7 mile long Sandi Crest La Luz Trail, gaining 3000 Ft of elevation, at least 7-8 times while living in Albuquerque, NM. Very fun with a group of friends!

We're hoping you'll look us up and stop by for a chat!