

Our Mission:

To advance professional nursing practice through student mentorship, community service and scholarship



# The Torch: VNSA 2017 State Convention

VNSA 65th Annual State Convention; BuRNout: Together We're Stronger



On Saturday February 11, 2017 VNSA will be hosting the 65th annual State Nursing Student Convention at James Madison University. This year's theme, "BuRNout: Together We're Stronger," will be focused on reducing stress and preventing burnout in the workplace. We encourage all, including VNSA members, and local faculty advisors to attend this event to learn about new ways to overcome stress as well as exercises to prevent burnout as a future nurse.

Definition:

Phenomenon in which the cumulative effects of a stressful work environment gradually overwhelms the defenses of the staff members, forcing them to withdraw psychologically.

Our speakers and multiple breakout sessions will be featuring their presentations with information to help you succeed in this profession. Come learn new ways to handle your stress and what you can do to prevent burnout as a future nurse. Each attendee will receive a bag with additional information and even a surprise stress relief treat. Contact Katie Retan at [vnsarstvp@gmail.com](mailto:vnsarstvp@gmail.com) for any questions or concerns.



“In order to grow as a nurse and take care of others we must *first* take care of ourselves. My advice is to have a supportive working environment and family. Being a nurse is no easy job, but it is the best job.”

- Children’s National Medical Center CICU Nurse



## Further Details:

- The 65th Annual State Convention will take place at **James Madison University** on **Saturday, February 11th** located at The Heath and Human Services building.
- Check in will begin at **7am** and will proceed until 5:30 pm (Eastern Time)
- James Madison University  
800 South Main St.  
Harrisonburg, Virginia 22807  
United States
- Registration: Please register on our VNSA website!
  - <https://www.regonline.com/registration/Checkin.aspx?EventID=1901377>
  - NSNA Members (\$30)
  - Faculty (\$40)
  - Non Members (\$40)





## Additional Information:

- Apply for the board! If you are interested in applying to be a member of the VNSA Board of Directors please fill out the application found on our VNSA website.
- <http://www.vnsa.us/apply-for-the-board.html>
- Applications must be submitted to [vnsaelections@gmail.com](mailto:vnsaelections@gmail.com) not later than 11:59pm on February 5th, 2017 in order to be pre-slotted for a position. You must also attend the House of Delegated meeting at the VNSA Annual Convention to officially run for office
- Please check out our website for any questions

## Thank you:

- Thank you and we look forward to seeing you at the VNSA 2017 state convention!
- Please contact me at [vnsatorch@gmail.com](mailto:vnsatorch@gmail.com) or any other VNSA board members

