

# FAITH COMMUNITY NURSE EDUCATIONAL EVENT NAVIGATING ANXIETY WITH MIND, BODY, AND SPIRIT

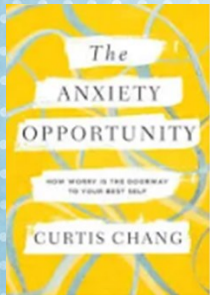


**PRESENTER, KIM FELD, DNP, MS, RN**  
EXECUTIVE DIRECTOR OF EDUCATION  
& OUTREACH, NEW HOPE CHURCH, VA  
FAITH COMMUNITY NURSE

**February 20, 2025 ~ 7:00-8:30 p.m. (E.T), 6:00-7:30 p.m. (CT),  
5:00-6:30 p.m. (MT), 4:00-5:30 p.m. (P.T.), 3:00-4:30 p.m. (AKT)**  
**Remote Presentation Via Zoom**

[Click here for  
more  
information  
about Kim Feld](#)

Join us for a time of learning and reflection as we are led through the writings of Curtis Chang in his book "The Anxiety Opportunity: How Worry is the Doorway to Your Best Self." The following learning objectives will be addressed:



- ⇒ Recall ways in which the author, Curtis Chang, identifies anxiety as an obstacle and an opportunity
- ⇒ Describe the spiritual essence of anxiety
- ⇒ Discuss the role of mindfulness as an intervention for anxiety
- ⇒ Identify 1 of 3 ways to move from avoiding to holding
- ⇒ Discuss the findings in Kim Field's DNP project of Mindfulness-Based Stress Reduction for Teens

Cost: \$20 for LFCNA members, \$30 for non-members  
To register, visit: <https://lutheranfcna.org/event-5959385>

**1.5 ANCC contact hours will be awarded for this event.**

Participants must attend 100% of this presentation &  
complete the program  
evaluation to receive ANCC credit.



This program is provided jointly with the Parish Nursing Program of the Tri-State Region (MD, PA, WV), LFCNA, and Meritus Health. The Nursing Education Department of Meritus Health is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

