



19–21 October 2025

The Whidbey Institute
Whidbey Island, WA

*Nurses may receive
16 contact hours of
continuing education.*

*Other healthcare workers,
coaches and nurturers are
welcome to join us in this
natural re-setting for growth.*

This activity has been submitted to the American Holistic Nurses Association by **The WilderNurse Sanctuary LLC** for approval to award contact hours. The American Holistic Nurses Association is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

THE WILDERNURSE SANCTUARY LLC PRESENTS

out of the weeds & into the woods

THE WILDERNURSE GROUNDING RETREAT



Join us for 3 days of deep restoration,
intuitive tool skill-building, & conscious connection.



reawaken

your compassionate nature and empower yourself.



access

the wisdom of the natural world for healing and renewal.



revive

your nursing, nurturing, and naturing practice.



Hilary Thomas
RN, BSN, HN-BC, HWC-BC
The WilderNurse coach,
holistic stress management



Gwyneth Flack, MA
Author of *Limitless:
Transform your Life
with Intuition & Creativity*



learn more and register at **thewildernurse.org**