

PACU PARAGRAPHS

CAPANA EVENTS AND NEWLETTER

January 2013



A note from the President

Hello everyone! I hope you all have had a blessed and happy holiday. As I sit here writing this, we are getting our first snowfall, and I thought it was just beautiful until it started snowing again and covering up the driveway one more time. Welcome to winter!

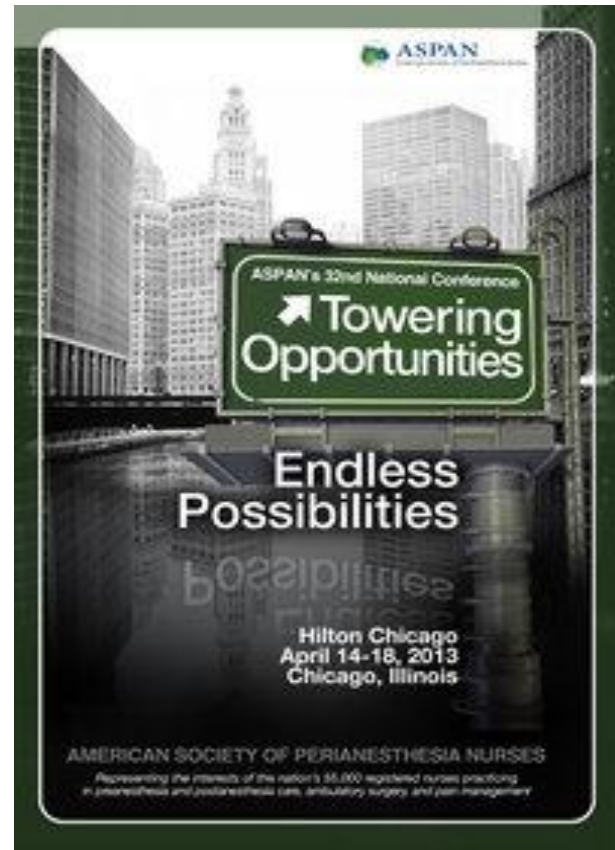
I just received my National Conference brochure in the mail today. Let's hope the snow will be gone by then. Our next meeting will be Wednesday, January 16, 2013. Dr. Gary Huber will be our speaker. He is President of The LaValle Metabolic Institute and does health teaching. He also has worked in emergency medicine for 20 years. I hope you can all make the program as he sounds like an intriguing speaker. Please encourage your co-workers to attend a meeting so they can see what we are all about.

President CAPANA 2012-2013

Barb Berling BSN, RN-BC, CAPA

UPCOMING EVENTS:

ASPAN NATIONAL CONFERENCE:



CAPANA JANUARY MEETING:

JANUARY 16, 2013

Bethesda North Hospital Golder Room A

6:30 pm Social and refreshment

7:00pm Educational program

MY HEALTHY IMMUNE SYSTEM



DON'T FORGET EACH MEETING:

SPLIT THE POT

Drawing for **ASPAN MEMBERSHIP to be awarded in MAY**

Look for **PROGRAM FLYERS** each month **via e-mail** to circulate among your staff.

Membership drive: Bring a guest and have your name drawn to win a prize.

SPEAKERS NEEDED FOR 2013 -2014: Contact Sharon Hay
President-elect

Please consider sponsoring one of CAPANA'S PROGRAMS 2013-2014

Ask Sharon Hay President-elect for details!!!!

PLEASE CONTINUE SUPPORTING CAPANA AND OUR FABULOUS
PROGRAMS!

Any news worthy events e-mail me @ mjfricker@aol.com

SEE YOU AT THE MEETINGS!

Janet Fricker BSN, RN-BC, CPAN