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# Holistic Assertion Workshop Set at USD on January 23, 24

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FOR IMMEDIATE RELEASE

HOLISTIC ASSERTION WORKSHOP SET AT USD ON JANUARY 23, 24

A two-day workshop exploring the process and dynamics of holistic assertion for health care professionals will be held at the University of San Diego on Tuesday, January 23, and Wednesday, January 24.

Led by Dr. Sonja Herman, a registered nurse and Associate Professor at the USD Philip Y. Hahn School of Nursing, the program will emphasize human rights, self-advocacy, and making conscious choices in the health care system. Dr. Herman has written extensively on assertiveness in the health care field, and believes in creating a relaxed, healing environment in health care settings through breathing, relaxation exercises and assertive behavior.

Registration fees for the workshop are \$45. For information and registration, call the USD Continuing Education Department at 291-6480, extension 4318.

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