



# 2025 Texas ENA Virtual Quarterly Conference Series

**4<sup>th</sup> Quarter Virtual Conference**  
**December 5, 2025**  
**1:00 p.m. to 5:00 p.m.**

## Wellness, Self-Care & Resilience

### Featured topics and speakers

**\* Mindfulness: Thoughts are not Facts \***

*Melissa Baldwin, DNP, RN, NPD-BC*

**\* Trauma-Informed Care \***

*Colyn Turnbow, BSN, RN, CEN, CCRN, TCRN*

**\* The Power of Boundaries: Preserving your energy and protecting your peace in nursing\***

*Kelsea Heiman, MSN, RN, CEN, TCRN*

**\* Finding and Keeping Your Nursing Purpose \***

*Lisa Adams Wolf, PhD, RN, CEN, FAEN, FAAN*

## REGISTRATION INFORMATION

Conference Cost: ENA Member cost: \$60.00 // Non-ENA Member: \$70.

Registration QR Code & Link: <https://form.jotform.com/243585417304154>



*This nursing continuing professional development activity was approved by the Emergency Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.*

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*Visit the Texas ENA Virtual Conference Series webpage at <https://txena.org/2025-virtual-conference-series/> to register. Agenda and speaker bios for the program are posted.*