

# Health Care Continuing Education

[www.llcc.edu/health-ce](http://www.llcc.edu/health-ce)

## 2025 Events

### Alzheimer's Disease and Dementia Care Seminar (ADDC)

**March 6, 2025, 9 a.m.-5 p.m.**

LLCC Medical District, 130 W. Mason Street, Springfield, IL 62702

This eight-hour class provides health care professionals with fundamental information on Alzheimer's disease and dementia care. Through better understanding of the disease itself, health care professionals are able to learn compassionate care techniques and manage the stress associated with cognitive changes.

This class is the required seminar for those pursuing Certified Dementia Practitioners certification or Certified Dementia Volunteer certification and who qualify through the National Council of Certified Dementia Practitioners. To see if you qualify, please visit the NCCDP website or just come for the education.

CE credit (7) for: RN/LPN/APRN, OT/OTA, LCPC/LCP, Nursing home administrators, LMFT provided under continuing education licenses from IDFPR.

### Beyond Burnout: The Past, Present and Future of Nursing

**March 20, 2025, 9 a.m.-noon.**

LLCC Medical District, 130 W. Mason Street, Springfield, IL 62702

In the face of record-high burnout rates among nurses, it's clear that the challenges extend beyond mere exhaustion. Historical factors such as staffing shortages and a culture of self-sacrifice have contributed to today's nursing crisis. To address this, nurses and healthcare professionals must prioritize self-care. This 3-hour workshop will emphasize journaling, forest therapy, and mindfulness as strategies to reduce stress and burnout among nursing professionals.

CE credit (2.5) for: LPN, RN, APRN, NP

### CNA Instructor Conference

EmpowerED: Embracing  
Innovation in CNA Education

**April 10 & 11, 2025**

Northfield Inn, Suites and Conference Center, Springfield, IL

This year's conference is all about embracing innovation and fostering change in CNA education. Together, we'll challenge traditional methods, share best practices and discover new approaches to unlock the potential of our students. Don't miss this opportunity to rejuvenate your teaching and make a lasting impact on your students' success!

CE credit (9.5)

### Nature's Embrace: Exploring Forest Therapy Techniques

**May 8, 2025, 1-4 p.m.**

LLCC Main Campus, 5250 Shepherd R.d, Springfield, IL

Take part in a personal and professional transformation as you reconnect with nature and yourself through the practice of forest therapy, also known as forest bathing. This immersive experience combines educational training with an active forest therapy session, allowing you to experience the profound healing powers of nature. The workshop will conclude with a calming tea ceremony, providing a reflective space to contemplate your experiences. Whether you're a professional looking to incorporate nature-based practices into your work or an individual seeking to rejuvenate your spirit, this workshop offers valuable tools for personal and professional growth.

CE credit (3) for LCPC, RN/LPN/APRN, OT/OTA, LCSW/SW, NHA and LMT.

### Emergency Medical Services (EMS)

**Ongoing**

Lincoln Land Community College, 5250 Shepherd Rd., Springfield, IL

LLCC is proud to be an official continuing education provider site for paramedic, basic and advanced level EMTs through endorsement from the Illinois Department of Public Health.

We offer affordable and convenient in-person CE opportunities on a revolving basis to keep your knowledge fresh and relevant in the field. These courses are intended to provide EMTs the chance to review specific components of training within their scope of practice. All courses are provided by knowledgeable and highly trained instructors. All dates and courses are listed in the registration link at [www.llcc.edu/health-ce](http://www.llcc.edu/health-ce).



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information and  
registration on  
these programs.



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