


Wellness for Nurses: COVID-19 & Beyond


SELF CARE MATTERS SESSION 1

Learn The Art of Self-Care


Mental Health Tips For Nurses Battling COVID-19

*Free energy session (\$125 value each) to first three registrants





Erin Leigh Rusch, Energy Healer
<https://www.healingcenterdc.com>
May 6, 2020
10AM and 9PM



While we can't control most of the events we experience in life, nurses can learn personal tools to help navigate these events. SPAN is pleased to offer a FREE six week wellness series for nurses throughout New York State focused on building these personal tools for ourselves.

Many nurses are working around the clock caring for others through COVID-19. Others are experiencing elevated anxiety due to furloughs. Whatever your situation is, SPAN reminds all nurses to nurture your own wellbeing.

Join SPAN for a FREE series of ZOOM "Wellness Wednesday" conversations starting May 6th 2020. Each weekly guest speaker will highlight their unique background, provide wellness tips, and encourage a personal wellness plan. Some providers will be offering FREE services outside of our Wellness Wednesday sessions redeemable at your convenience!

We are all working hard in these uncertain times. SPAN acknowledges the stress nurses are under and encourages compassionate self-care. *Sometimes nurses need help too!*

Stay tuned for more information on the next sessions!

10:00 AM Eastern Time 5-6-2020 REGISTER IN ADVANCE:

<https://zoom.us/meeting/register/tJUucuvqTkoHdzmVLuWnoIYaPoNUyNt1FK2>

9:00 PM Eastern Time 5-6-2020 REGISTER IN ADVANCE:

https://zoom.us/meeting/register/tJMpdyuqTmPGtaGIHv2ym_xVXkhBCEQGwMh

After registering, you will receive a confirmation email containing information about joining the meeting.