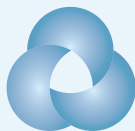




In this unprecedented time, here's unprecedented help.

For nurses everywhere, the pandemic is causing unprecedented professional and personal stress. If ever there were a time requiring self-care, this is it.

Introducing



Compassion & Growth WORKSHOPS

Join us for an engaging, invaluable three-part workshop series that will explore opportunities to support post-traumatic growth. We'll use experiential practices that are evidence based and come from rich contemplative approaches that foster well-being.

Experts from Emory Healthcare, Emory University and the University of Virginia will facilitate each two-hour Zoom session. Registration is free and open to all nurses at all levels. No membership in a nursing association is required.

What is required is a desire to fortify yourself for these challenging times by boosting your physical and emotional well-being.

**WORKSHOP CONSISTS OF THREE SESSIONS.
CHOOSE A TIME FOR EACH SESSION.**

SESSION 1 Grounding	SESSION 2 Nurturance	SESSION 3 Growth
Nov 10 8am-10am	Nov 16 10am-12pm	Nov 24 4pm-6pm
Nov 12 2pm-4pm	Nov 17 10am-12pm	Nov 25 8am-10am
Nov 14 2pm-4pm	Nov 21 12pm-2pm	Nov 30 8am-10am
Nov 16 8am-10am	Nov 23 6pm-8pm	Nov 30 4pm-6pm

[REGISTER](#)

Space is limited so register now.



*A program of the Well-Being Initiative
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American Nurses Foundation.*

