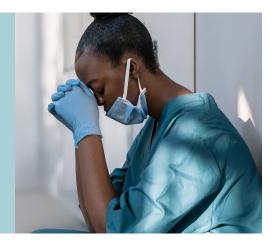
DEVELOPING RESILIENCY IN LONG TERM HEALTHCARE WORKFORCE

Oct. 14, Oct. 28, Nov. 11, Nov, 18, Dec. 2, and Dec. 16



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 12:00 pm-1:00 pm

SPEAKING THE LANGUAGE OF THE NERVOUS SYSTEMDATE 1Thursday, October 14, 2021

SELF-ASSESSMENT CREATING AWARENESS DATE 2 Thursday, October 28, 2021

PAUSING TO TAKE A BREATH DATE 3 Thursday, November 11, 2021

TOOLS FOR CENTERING AT WORKDATE 4Thursday, November 18, 2021VISUALIZATION FOR REST AND RELAXATIONDATE 5Thursday, December 2, 2021THERAPEUTIC COMMUNICATION

DATE 6 Thursday, December 16, 2021



Carolina Geriatric Workforce Enhancement Program

This project is supported by funds from the Bureau of Health Professions (BHPr), Health Resources and Services Administration (HRSA), Department of Health and Human Services (DHHS) under grant number # 2U1QHP28734 Carolina Geriatric Workforce Enhancement Program. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by the BHPr, HRSA, DHHS or the U.S. Government. The Center for Aging and Health, Carolina Geriatric Workforce Enhancement Program also provided support for this activity.

HAVE A QUESTION? Contact the Program Planner

Special Services 828-407-2596

Lourdes Lorenz-Miller, RN, MSN, NEA-BC, AHN-BC Lourdes.Lorenz-Miller@mahec.net or 828-257-4758

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