

## **NWCAC Virtual Educational Meeting**

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**"Our chapter is hosting a Zoom seminar on June 13, 2020 from 9-10:30 AM. We will have chapter announcements, and a seminar & discussion led by Karen Pugliese MA, BCC-PCHAC (Chaplain from Central DuPage Hospital). The title of the seminar is: "What Can I Do When My Well(ness) Runs Dry?"**

**This program will address the challenges nurses, nursing leaders, students and new grads face in attending to self-care during times of chaos and disequilibrium. Participants will explore sources and causes of "emotional inflammation," discuss types of reaction to stress overload, and discover strategies to recover balance and cultivate resilience in life and work.**

**Attendance is free, but does require pre-registration by contacting Linda Smith at [lindacdhrn@aol.com](mailto:lindacdhrn@aol.com). Linda will then send you the information on how to sign on to Zoom. Attendees will be eligible for earning 1 hour CE by attending the seminar, and completing a short Survey monkey survey afterwards.**



UNSTOPPABLE

*This activity has been submitted to the American Association of Critical-Care Nurse for approval to award contact hours. The American Association of Critical-Care Nurses is accredited as an approver of nursing continuing professional development y the American Nurses Credentialing Center's Commission on Accreditation."*