March 6, 2020
8 am - 4:30 pm
A Guide to Self-Care for Healthcare Professionals
Capstone College of Nursing
University of Alabama
Tuscaloosa, Alabama

DRIVING DIRECTIONS
From McFarland Blvd./Hwy. 82
Take the AL-215/University Blvd. exit
toward University of Alabama
Take first right onto 5th Avenue E
Take first right onto Johnny Stallings Drive
Capstone College of Nursing is on the right
and parking is at the rear of the building.
First floor, Room 1008
Capstone College of Nursing
650 University Blvd E
Tuscaloosa, AL 35401

REGISTRATION FORM
Please register by March 1, 2020
$50 Registration Fee
$25 Student Registration Fee
Make checks payable to:
Capstone College of Nursing
Mail to: Capstone College of Nursing
University of Alabama
Donna Cox Bridger Endowed Lectureship
Box 870358
Tuscaloosa, AL 35487
Registration also available online at nursing.ua.edu.

NAME ________________________________
TITLE ________________________________
EMPLOYER ____________________________
ADDRESS ______________________________
CITY _________________________________
STATE _______ ZIP _________________
EMAIL ______________________________
PHONE ______________________________
THE DONNA COX BRIDGER ENDOWED LECTURESHP IN NURSING & HEALTH CARE

Established by Joseph C. Bridger to honor the memory of his wife and to promote awareness of current topics in the fields of nursing and health care from an interdisciplinary perspective.

Lecture attendance is open to faculty, students, health care professionals, and the community.

QUESTIONS

Contact Rosemary Russell with questions regarding the Bridger Lectureship.
rurussell@ua.edu

Program will be held in
Room 1008
Capstone College of Nursing

The Lectureship is JA IPCE accredited and awarded 7.0 CEs for ACCME Physicians /ANCC Nurses /ASWB Social Workers /APA Psychologists / CE credit.

MIND, BODY & SPIRIT:
A GUIDE TO SELF-CARE FOR HEALTHCARE PROFESSIONALS

The Donna Cox Bridger Endowed Lectureship in Nursing and Healthcare
March 6, 2020

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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| 8:00 a.m. | **Welcome & Program Overview**  
Suzanne Prevost, RN, PhD, FAAN  
Dean, Capstone College of Nursing |
| 8:15 a.m. | **Overcoming Work Place Obstacles**  
Mary Hanks, EdD, MSN, CNL, CNE  
Assistant Professor, Ira D. Pruitt Division of Nursing at The University of West Alabama |
| 9:50 a.m. | Break                                      |
| 10:30 a.m | **Creating a Positive Work Environment**  
Sonya Guy, LPC, CEAP, NCC  
Viewpoint Counseling Professionals |
| Noon   | Lunch                                      |
| 1:00 p.m. | **Understanding Health Caregiver Stress**  
Josh Eyer, PhD  
Assistant Professor, The University of Alabama’s Capstone College of Nursing |
| 2:30 p.m. | Break                                      |
| 2:40 p.m. | **Overcoming Stress through Mindfulness**  
Audrey Austin, PhD  
Clinical Psychologist, Tuscaloosa VA Medical Center  
April Jones, BAS  
Innovation Specialist, Tuscaloosa VA Medical Center |
| 3:40 p.m. | Breakouts                                  |
|        | **Meditation Exercise**  
Dr. Gibran Mancus, PhD  
Assistant Professor, UA Capstone College of Nursing |
|        | **Labyrinth Exercise**  
Abby Grammer Horton, MSN, RN  
Instructor, UA Capstone College of Nursing |