The Donna Cox Bridger Endowed Lectureship in Nursing & Health Care

MIND • BODY & SPIRIT
A Guide to Self-Care for Healthcare Professionals

Friday, March 6 · 8 am - 4:30 pm
University of Alabama · Capstone College of Nursing, Room 1008

SECTIONS

- Overcoming Work Place Obstacles
  Dr. Mary Hanks, The University of West Alabama
- Creating a Positive Work Environment
  Sonya Guy, Viewpoint Counseling Professionals
- Understanding Health Caregiver Stress
  Dr. Josh Eyer, The University of Alabama
- Overcoming Stress through Mindfulness
  Dr. Audrey Austin, Tuscaloosa VA Medical Center
  April Jones, Tuscaloosa VA Medical Center
- Meditation Exercise
  Dr. Gibran Mancus, UA Capstone College of Nursing
- Labyrinth Exercise
  Abby Grammer Horton, UA Capstone College of Nursing

The Donna Cox Bridger Endowed Lectureship was 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.

Please register by March 1, 2020
The Lectureship is JA IPCE accredited and awarded 7.0 CEs for ACCME Physicians /ANCC Nurses /ASWB Social Workers / APA Psychologists / CE credit). All participants must register with the VA to receive Continuing Education credits. Details are provided after registration is completed.

$50 Registration Fee
$25 Student Registration Fee
Make checks payable to: Capstone College of Nursing
Registration also available online at nursing.ua.edu

Mail to: Capstone College of Nursing
Donna Cox Bridger Endowed Lectureship
Box 870358
Tuscaloosa, AL 35487

NAME ___________________________________________________________________
TITLE ___________________________________________________________________
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