



CHICAGOLAND LUTHERAN EDUCATIONAL FOUNDATION
AND NID PARISH NURSES

Invites You to Attend

Serving Self-Care: Practicing Health and Wellness in a Challenging Environment

An Educational Seminar for Parish Nurses

When: Saturday, March 13, 2021
8:30 a.m. to 3:00 p.m.

Where: *Zoom link to follow*

SCHEDULE OF EVENTS

8:30-9:00	Welcome and Devotion
9:00-9:30	OVERVIEW: Self-Care in Health and Wellness
9:30-10:30	Weaving Self-Care into Everyday Life
10:30-11:30	Music as a Tool in Self-Care
11:30-Noon	Lunch
Noon-1:00	Taking Care of Young Minds: Self-Care and Mental Health in the School Aged Child
1:00-2:00	Roundtable: Open discussion "How promotion of self-care behavior can be implemented into practice: Successes and Challenges"
2:00-2:30	Resources, Sharing of Agencies and Activities, Evaluations
2:30-3:00	Announcements

Five continuing education contact hours have been applied for from the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. (OBN-001-91). 2020-0000001056

To register, please RSVP to marcyschnorr2009@gmail.com by March 7th. Please make checks payable to NID Parish Nurse Network and mail to Marcy at 1225 Springdale Drive, Rochelle, IL 61068. Cost is \$30 in advance or \$35 at the door. Remember: Fees collected for meetings cover the cost for all meetings within the calendar year with extra (if any) going to the scholarship fund and to fund the bi-annual trip of Raeda Mansour (parish nurse in Bethlehem) to attend the Concordia Conference and network with the NID Parish Nurses. Please plan to attend this very informative session and earn valuable CEUs.

The mission of Chicagoland Lutheran Educational Foundation is to empower urban Lutheran schools to deliver innovative, quality education in a Christian environment.

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EDUCATIONAL FOUNDATION



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