

Bringing Continuing Education to You

A free program for our professional partners: earn your continuing education credits at our next interactive webinar!



Taking Care of Me: Managing Stress While Providing Quality Care

Tuesday, May 24 | 12-1:30 PM

Caregiving can be physically and emotionally exhausting. Whether you are a professional caregiver or taking care of a loved one, it is important to practice self-care. Learn how to manage your stress and its physical, emotional, and mental effects. We will also provide helpful “stress-buster” plans to help guide you as you learn self-care.



VITAS[®]
Healthcare

Presented by
Mary Ellen of VITAS
Healthcare Education,
Thanatologist (grief
counselor) & Educator

This course is approved for 1.5 continuing education credit hour for nurses (RN, LPN, LVN) and Social Workers.
Attendance for the entire event, as well as completion of a brief evaluation, is required.
Certifications are made available after completion.

Registration is required! For full registration and additional details, visit TallOaksAL.com/Know.

Questions? Email Leslye at LLawson@TallOaksAL.com.

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