

*Workshop***HAMILTON CHAPTER**

Self-Care for the Caring Professional

Saturday, October 26, 2013

9:00am - 12:00pm



Continental breakfast and tea/coffee served at 8:30am

Lunch to follow the workshop at 12:30pm

Location:**Dundas Lions Memorial Community Centre**

10 Market St. South, Dundas

Dundas Lot and street parking available

Featuring:***Viola Fodor, M.Ed***

Viola is an educator, psychotherapist, author, creator of Life Process Transformation™ and speaker on wellness, stress, and personal transformation. **Website:** www.violafodor.com

About the Workshop: As nursing educators and health care professionals, we need to take care of ourselves if we are to take care of others. That is not always so easy to do. Viola Fodor will help you explore the basics of true self-care and how you can find the time in your life to nurture your self—body, mind, and spirit. Emphasis will be on honest self-examination, quieting the mind, and nurturing the inner self.

Cost & Registration:

RNAO Members free , Non-members \$5.00

Register by October 18th , please contact

Lisa Richter: richterlj@gmail.com or (289) 776-6953

Please advise of any dietary restrictions.



To avoid disappointment, register early, as space is limited.