

# CARING FOR SELF IN A CARING PROFESSION



## Workshop Details

**Feature Speaker: Rita DiBiase** MSN, RN(EC), AOCNS, CHPCN(C)

**Date:** Thursday February 27, 2014

**Time:** 5:30pm – 7:30pm

**Location:** Ojibway Nature Centre - 5200 Matchette Rd.



**RNAO Members & Students \$5**

**Non-Members \$10**

**Funds collected at the door ~ healthy dinner included**

**RSVP before Monday February 24 to**

**[windsorressexrnao@gmail.com](mailto:windsorressexrnao@gmail.com)**

**[Please indicate if you have any food sensitivities or allergies]**

As nurses give of themselves in their work, they may not realize the toll it takes on them. This interactive workshop will provide nurses with knowledge and coping skills to guard against burnout. Perspectives will be shared allowing participants to reflect on rewards gained and the powerful impact they have on those whose lives they touch.

**Live Dessert Crepe Demo sponsored by**

