

Yoga & Meditation

Compliments of NurseFit®



Mindfulness

Relaxation

Connectedness

Balance

Stress Reduction

**Experience the benefits of yoga
& meditation for yourself.**



**Join us for a free class
all levels welcome!**

(Check conference schedule for location)

- ◆ **Tuesday, July 28th, 5-6 pm**
- ◆ **Wednesday, July 29th, 7-7:45am**
- ◆ **Thursday, July 30th, 5-6pm**

Reflective time includes affirmations from
"Healing with Heart: Inspirations for Health
Care Professionals".

Got Self-Care?



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BURN BRIGHTLY
without burning out!

NurseFit is a comprehensive, sustainable program that addresses the nurse's emotional, physical and mental needs, focusing on the importance of making self care a priority, allowing the nurse to give the best of themselves to others.