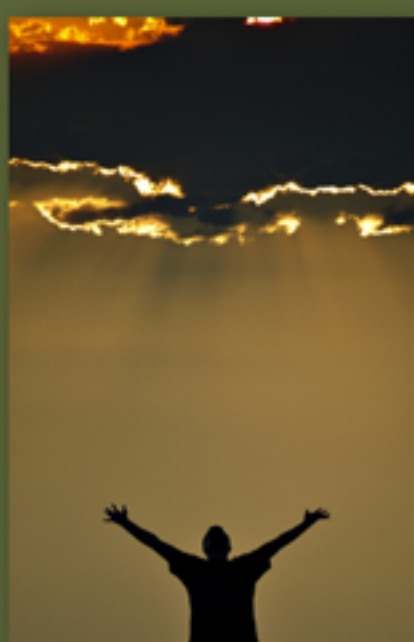


**Burn brightly
without burning out
~ reignite the spirit ~**



NurseFit.[®]

Caring for the Caregiver

**Evidence-based
educational & coaching
programs designed to**

- ✧ **Improve nurse retention**
- ✧ **Promote self-care & stress reduction**
- ✧ **Enhance nurse engagement**
- ✧ **Strengthen teamwork**

**On-site exercise classes
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- ✧ **Pilates**
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