

Save the Date!
April 20, 2021

Mindfulness and Stress Management in Ambulatory Care Nursing

*presented by Kimberly Ward, RN, BSN
IIN Nutrition & Lifestyle Coach, Certified Aromatherapist, Master Reiki Teacher*

Tuesday, April 20th at 4:30-5:30pm

Virtual Meeting on Zoom

<https://zoom.us/j/91789221281?pwd=Ynp6ZkNBTHg3cEwrc1VMVodXSVMrZz09>

Join fellow nurses in learning how to identify and manage stress in our busy lives!

*Learn small steps/choices we can make to alleviate stress and create a culture
of lifting each other up. RSVP via email: aaacnmilwaukee@gmail.com*

Zoom link on our Facebook page: AAACN – Milwaukee

Or Instagram: [aaacnmilwaukee](https://www.instagram.com/aaacnmilwaukee)



American Academy of Ambulatory Care Nurses (AAACN) -
Milwaukee Local Networking Group (MLNG)

Open to all Ambulatory Care Nurses (RNs and LPNs)