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Continuing Nursing Education  
100 Saint Anselm Drive  
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SAINT ANSELM  
COLLEGE

CONTINUING NURSING EDUCATION



## *Exploring the Skills of Resiliency: How to Bounce Back from Chaos*

**Friday, February 28, 2020**

**8:30 am – 3:00 pm**

Gadbois Hall, Saint Anselm College

Contact Hours: 5

Fee: \$109

Saint Anselm College is an approved provider of nursing continuing professional development by the Northeast Multi-State Division, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

**Register by:**

**Mail:** Saint Anselm College  
Continuing Nursing  
Education  
100 Saint Anselm Drive  
#1745  
Manchester, NH 03102-1310

**Fax:** 603-641-7089  
VISA or MasterCard  
Required

**Phone:** 603-641-7086  
VISA or MasterCard required

**ONLINE:** [www.anselm.edu/cne](http://www.anselm.edu/cne)  
VISA or MasterCard required

**Faculty: Amy Guthrie, MS, RN**  
Saint Anselm College, Manchester, NH

This program will discuss the various factors associated with resiliency and how to utilize these skills to bounce back faster from adverse situations. Come and learn stress-hardy strategies, explore the muscles of the soul and how they relate to well-being, and experience a variety of self-care techniques.

[Register Online](#)

***Resiliency the Skills of Resiliency***

***Friday, February 28, 2020***

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