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Continuing Nursing Education
100 Saint Anselm Drive
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603 641-7086
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SAINT ANSELM COLLEGE
1889
CONTINUING NURSING EDUCATION

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

Friday, February 22, 2018
8:30 am – 3 pm
Gadbois Hall, Saint Anselm College
Contact Hours: 5 Fee: $109

Faculty: Amy Guthrie, MS, RN
Director, Continuing Nursing Education, Saint Anselm College

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

Saint Anselm College Continuing Nursing Education is accredited as a provider of continuing nursing education by the American Credentialing Center's Commission on Accreditation

Register by:

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Exploring the Skills of Resiliency: How to Bounce Back from Chaos ***Friday, February 22, 2018***

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