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Continuing Nursing Education  
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SAINT ANSELM  
COLLEGE

CONTINUING NURSING EDUCATION



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

Thursday, February 22, 2018

8:30 am – 3 pm

Gadbois Hall, Saint Anselm College

Contact Hours: 5      Fee: \$109



Saint Anselm College Continuing  
Nursing Education is accredited  
as a provider of continuing nursing  
education by the American  
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**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  
VISA or MasterCard required

**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](#)

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

***Thursday, February 22, 2018***

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