



MNA District 5 Fall Education Event

October 24, 2024 6p-9p

FROM BURNOUT TO BALANCE: INSPIRING NURSES TO
PRIORITIZE SELF-CARE & COMPASSION

AGENDA

Sign-In & Networking 6:00 p.m. – 6:30 p.m.

President's Welcome
Nwamaka Oparaoji DNP,RN

D5 Membership Meeting

Guest Speaker: Megan Cooperman M.Ed, MSP

Audience Q&A

Panel Discussion
Sharon Wilks, PhD, RN, CNE

Activity: Take Away & Networking
Nwamaka Oparaoji DNP,RN

Closing Remarks
Eucharia Mbagwu, DNP, APRN, CRNP-PMHNP