



# **CIC-AACN ZOOM MEETING**

## **THIS IS OUR MOMENT: MINDFULNESS IN THE TIME OF COVID**

**SEPTEMBER 14<sup>TH</sup>, 6P-730P EST**

### **SPEAKERS**

*JOHN SHEPARD, BSN,  
RN, CCRN – IUH  
METHODIST HOSPITAL  
&  
NATALIE FITZGERALD,  
BSN, RN - ESKENAZI  
HEALTH*

**Please join us for an informative evening,  
where we will explore the role of self-care and  
mindfulness in a Covid-19 world. We will also hear the story of an RN who  
found herself as a COVID patient in her hospital's ICU.**

This meeting will be hosted via Zoom:

<https://us02web.zoom.us/j/89351926064?pwd=eHR4WnRwdXp2MzVoK0lQRDJWYlJlUT09>

*1 CERP (B) CREDIT AVAILABLE WITH FULL ATTENDANCE - SEVERAL DOOR PRIZES WILL BE REWARDED*