



Greater Atlanta

Hospice and Palliative
Nurses Association



TO REGISTER, go to:

atlhpn.nursingnetwork.com

Click on *Upcoming Events* => *Register*

*This is a virtual LIVE presentation.
Video link will be sent upon
registration.*

This event is sponsored by Greater Atlanta Hospice and Palliative Nurses Association and is **FREE AND OPEN TO ALL DISCIPLINES!!**

Event Timeline:

6:15pm: Introductions, welcome new members, info about GAHPNA, request for ideas for future educational opportunities.

6:30pm to 7:00pm: Presentation

7:00pm- 7:30pm: Reflection activity:
What is the #1 stressor in your work?
How can you use Mindfulness to help
you handle your main stressor?

The Greater Atlanta Chapter of
Hospice and Palliative Nurses
Association:

- A professional interdisciplinary organization for hospice and palliative care professionals.
- A local chapter of the National Hospice and Palliative Nurses Association.

Find Us. Email us. Follow us.

atlhpn.nursingnetwork.com
gahpna@gmail.com

MINDFULNESS



CARING FOR YOU: THE HEALING PRACTICE OF MINDFULNESS

Thursday, March 18, 2021 from 6:15-7:30pm

Mindfulness: a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique."
Oxford Dictionary

Join us for a healing discussion of techniques from the discipline of Mindfulness. Laura will share tools for developing awareness and skills that you can use in your personal and professional life to take better care of yourself during stressful times. Following Laura's presentation we will have an opportunity for reflections and conversation with one another as we explore how to incorporate caring for ourselves into our daily lives and practices.

A LITTLE ABOUT OUR SPEAKER, LAURA.

Laura Jalbert LCSW, a licensed clinical social worker, is the owner and clinical director of Mindful Transitions (www.mindfultransitions.com). Many older adults struggle with sadness and worry as they cope with the changes related to aging, transitioning to a new living environment, medical challenges, or living with a disability. Mindful Transitions provides individual psychotherapy and clinical social work services to older adults and their families.

We hope to see you on March 18th!!

If you have difficulty registering, or have questions, please email us at gahpna@gmail.com or call/text Heather Payne at 404-226-6952.