



Hello Indiana Nurses:

COVID-19 has brought unprecedented challenges to our profession. In caring for others, we need to take care of our own well-being. A new statewide initiative, **RNConnect 2 Well-Being**, is a free resource from the Indiana Nurses Association in partnership with The Indiana Center for Nursing, The Indiana League for Nurses, The Indiana Organization of Nursing Leadership, and the Indiana Association of Nursing Students and the Education Council of Nursing Deans and Directors. This texting initiative has been offered through the American Nurses Foundation and Arizona Foundation for the Future of Nursing, so that Indiana Nurses and Nursing Students can easily integrate well-being into our practice.

Text **RNconnectIN** to **60298** to receive twice-weekly tips on how to de-stress, strengthen your mind and body, and take care of yourself. The text messages are aimed at connecting you to resources such as easy self-care activities, free resources, quick videos, and additional opportunities to connect with other nurses facing the same challenges as you.

*This 12-week text message opportunity  
will begin the week of April 26<sup>th</sup> with Opt-In starting April 23<sup>rd</sup>.*

**Sign up today by texting 'RNconnectIN' to 60298**

*(Msg & data rates may apply. Terms & Privacy: [slkt.io/7YfV](http://slkt.io/7YfV)).*

Membership is not required for participation. Opting-out is optional at any time.

Questions: [info@indiananurses.org](mailto:info@indiananurses.org).

We hope you opt-in for this limited time opportunity!

Sincerely,  
*The Indiana State Nurses Association  
The Indiana Center for Nursing  
The Indiana League for Nursing  
The Indiana Organization for Nursing Leadership  
The Indiana Association of Nursing Students  
Education Council of Indiana Nursing Deans and Directors*



Indiana League  
for Nursing

