

UNDERSTANDING RURAL AND FARM STRESS AND THE NEUROLOGIC IMPACT OF STRESS

WEDNESDAY, AUGUST 17
7 – 8 P.M.

REGISTER TODAY!



OBJECTIVES:

- Identify rural mental health challenges.
- Recognize stressors among farming populations.
- Distinguish the effects of stress.
- Discuss the impact of self-care in farming populations

BIO:



Dr. Paul Norrod is an Extension Specialist for Rural Health and Farm Safety in the UK College of Agriculture and an Instructor in the College of Nursing. In addition to his work at UK, Paul is a Board Member for the Kentucky Nurses Action Coalition and serves on the KNA's Education and Research Cabinet. His research and education coupled with his nursing experience provides him a unique understanding of rural populations, stress, and suicide. With over 20 years of experience, education, and training, Paul's primary focus is reducing stress and preventing suicide among Kentucky's rural and farming communities.

Contact Hours: 1.2
KBN# 1-0001-12-22-132

Attendees must stay for duration of this program to be awarded contact hours for continuing nursing education, provide license number upon registration and complete an evaluation for the program. Partial credit will not be awarded for any session. We reserve the right to cancel or alter the program if unanticipated circumstances necessitate changes. The Kentucky Nurses Association is an approved provider of continuing nursing education by the Kentucky Board of Nursing (KBN). The KBN approval of an individual nursing continuing education provider does not constitute endorsement.

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.