



Maryland Nurses Association District 5 Fall Educational Meeting

Thursday, October 24th
6PM-9PM

Montgomery College Cultural Arts Center
7995 Georgia Ave,
Silver Spring MD,
20910

From Burnout to Balance:
Inspiring Nurses to Prioritize Self-Care
and Compassion



Scan Code or
Register at
mnad5.nursingnetwork.com

Guest Speaker
Megan Cooperman M.Ed, MSP
Wellness Specialist
(Montgomery College)

Networking
opportunities available!

Panel Discussion
will follow

mnad5.nursingnetwork.com

**Free
Admission**

**Light Refreshments
Will be Provided**