

EMBRACING THE MADNESS

SCORE A DAY JUST FOR YOU WITH
BREAKFAST, CES AND PRIZES.



March Madness isn't just for sports enthusiasts; it's an opportunity for Mental Health, EMS, Nursing, Community and Public Health to come together, embrace the excitement, and foster camaraderie. Whether you're prehospital, in-hospital, or within a community setting, there's a myriad of ways to get into the spirit of March Madness.

March Madness, like healthcare can be stressful and affect people in different ways, including:

- **Physical symptoms:** Increased heart rate, sweating, muscle tension, and trembling
- **Cognitive anxiety:** Racing thoughts, fear of failure, self-doubt, and poor decision making
- **Chronic stress:** Don't blow a fuse, protect yourself from chronic stress

SATURDAY MARCH 15, 2025

Doors Open 0700 | Program Starts 0730 - 1030

The Jewish Hospital @ 4777 E. Galbraith Road Cincinnati, Ohio 45236
Education Auditorium (Entrance off Kenwood Road)



CLICK TO REGISTER



JOIN US FOR THE MARCH
MADNESS WELLNESS CHALLENGE!

