



RN CONNECT

**Twice weekly messages
for self-care &
well-being tips!**

This program allows you to easily integrate well-being into your day by receiving tips on how to de-stress, strengthen your mind and take care of yourself. These messages will connect you to resources such as counseling, easy self-care activities and opportunities to connect with other nurses facing the same challenges as you.

**Text RNconnectIA to 60298
Msg & data rates may apply**