



RNAO

Registered Nurses' Association of Ontario
L'Association des infirmières et infirmiers
autorisés de l'Ontario

Region 7 Toronto East invites you to..

the VOICE for
registered nurses,
nurse practitioners
and nursing students
in Ontario

Caring For Self: How To Thrive as a Nurse

Join Region 7 and guest speaker, Paula Manuel RN, MN
for an evening of self-care, networking and fun!

When: Thursday, September 21, 2017 at 6:30-8:00 PM

Where: Thornhill Community Centre (Fireside Lounge)
7755 Bayview Avenue, Thornhill, ON L3T 4P1

Cost: Free! Light refreshments will be provided.

Please register by September 18, 2017

<https://myrnao.ca/civcrm/event/info?reset=1&id=387>

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