



RNAO

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

HALTON CHAPTER

Nursing Week 2015

Nurses: With us Every Step of the Way!

The Halton Chapter of RNAO invites you to join us for a Nursing Week Celebration

Tuesday May 5th

5:30pm-8:30pm

Halton Healthcare Services

Oakville Trafalgar Hospital Auditorium

5:30pm Mix and Mingle

6:00pm Guest Speaker, Janet Martin

7:00pm Halton Nurse of the Year Awards and Announcement of Halton Art Competition Winner

Light refreshments will be served

Practical Mindfulness

How to be Happier, Healthier and More Effective

Janet Martin, the president and principal teacher of Making Headway, brings a unique and practical perspective to her mindfulness teaching and coaching. Janet understands the demands and stresses of today's complex, constantly changing workplaces.

Join us to learn better how to meet the demands and stresses of everyday life.

Janet will guide us in learning about mindfulness and how to use it to bring calmness and happiness to more moments of the day.

This is a free event; please register by Monday May 4th

RSVP: rsvphaltonchapter@gmail.com

