

RejuveNATION

Collaboration

A balanced dose of self-care

What? The Rejuvenation Collaboration is a two-week, **FREE** online series dedicated to providing busy nurses like yourself with strategies, tools, and resources to aide in your own self-care. We want to help you care for yourself at a mind, body, emotional, and spiritual level. After all, you do so much for others; it's time you did something for you!

Presentations will include:

- Positive Psychology and Happiness;
- Career Health and Entrepreneurship;
- Energy Work, Self-Care, and Vitality;
- Financial and Spiritual Health;
- Healing through Healthy Kitchens;
- Essential Oils and Ayurvedic Theories;
- And lots more!

Your Host:
Elizabeth Scala, MSN
Founder & Owner of
Living Sublime Wellness



When? The series is **April 16th, 17th, and 18th & April 23rd, 24th, and 25th** with one-hour presentations each day at 1pm EST and 8 pm EST.

How? We know you're busy. That's why we made it possible for you to attend the Rejuvenation Collaboration from the convenience of your own home (and even your favorite pajamas). You simply need to call in to listen live and view the presentation slides via your computer. We'll also make presentation handouts available via the series workbook in the days prior to starting.

Bonus: The RejuveNation Collaboration was approved to provide contact hours by the Maryland Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Where? Sign-up at www.rejuvenationcollaboration.com.

coachscala@livingsublimewellness.com