

NOVEMBER

24

**Tuesday
12:30pm -
1:30pm**

Noontime Knowledge: Pathways to Self-Care Series

Virtual Thanksgiving – Celebrating Safely

12:30pm Welcome

Shoba Kanagamani, MSN, RN

Clinical Professional Development Educator, Institute for Nursing

12:35pm How Will You Celebrate Thanksgiving?

Myrta Rabinowitz PhD, RN-BC, NC-BC

Clinical Program Manager, Institute for Nursing

12:45pm Tips for Celebrating Safely

Myrta Rabinowitz PhD, RN-BC, NC-BC

12:55pm Healthy Recipes

Michelle Milgrim, Wellness Program Manager

1:10pm Managing Holiday Stress

Mayer Bellehsen, PhD

Director, Psychological Services

Center for Traumatic Stress Resilience and Recovery

1:25pm Thanksgiving Blessing

Deborah McElligott, DNP, ANP-BC, AHN-BC, HWNC-BC

NP, Center for Wellness & Integrative Medicine

Earn 1.0 FREE Nursing Contact Hour!

[Click Here to Register!](#)