



■ Educational Sessions

Upcoming Sessions

Previous Sessions

Previous Sessions

Sustaining Wellness during the COVID-19 Pandemic

- **Chronophysiology and Sleep**

April 14th, 2020

[Download Sleep Hygiene Handout pdf](#) 📄

- **Reduce Anxiety with Healthy Eating**

April 28th, 2020

[Download Healthy Eating Tips Pdf](#) 📄

- **Mindful Meditation**

May 12, 2020

[Download Starting a Mindful Practice Pdf](#) 📄

Faculty Wellness Series

- **Self-Care During these Uncertain Times**

July 28th, 2020

[Download Moving from Practice to Praxis - J Nurs Manag](#)
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