

# INTRODUCTION TO RADICAL SELF CARE

## JOINT PROGRAM WITH GEORGIAN COURT UNIVERSITY AND HACKENSACK MERIDIAN HEALTH ANN MAY CENTER FOR NURSING

Research shows stress to be a key risk factor for acute and chronic illness. Daily life often keeps us out of balance and contributes to elevated stress levels. We know that caring for ourselves is the natural first step in managing stress and helping to care for others, but how?

In this introductory 3 CE hour workshop, our Radical Self-Care Coaches will walk you through our innovative step-by-step process of Radical Self-Care Planning.

You will complete some fun, interactive exercises and leave with your own personalized mini self-care plan to take with you.

Each session is three hours and choose from one of the four options below:

**FRIDAY, JUNE 24 • 9AM-12PM**  
**WEDNESDAY, JULY 13 • 3PM-6PM**  
**SATURDAY, AUGUST 6 • 9AM-12PM**

Cost is \$75 per person.

To learn more and register, visit [georgian.edu/cps](http://georgian.edu/cps) or call (732)987-2305.



### ACCLAIMED PRACTITIONERS

**Suzanne McMurray**, MA, RN, ITHC, RMT, NBC-HWC and **Marissa A. Winters**, MA, RDN, RMT, NBC-HWC lead these virtual sessions.

**GEORGIAN  
COURT  
UNIVERSITY**

THE MERCY UNIVERSITY OF NEW JERSEY

