



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

HAMILTON CHAPTER RNAO INVITES YOU
TO JOIN OUR
WELLNESS EVENT

SATURDAY, APRIL 28TH, 2018
9:30AM – 12:30PM

HILLFIELD STRATHALLAN COLLEGE
299 FENNEL AVENUE WEST, HAMILTON, ON L9C 1F3

Please join us for a lovely morning dedicated to your personal wellness as a nurse. We will be having several guests speaking on topics including mindfulness meditation, and nutrition, as well as the opportunity to participate in a fun Zumba class. Please wear comfortable clothes. We look forward to seeing you!

Please note that this event is free and
open to all RNAO members.

To register, please visit:
<https://myrnao.ca/civicrm/event/info?reset=1&id=485>

For more information please contact depanl@mcmaster.ca