



Self-Care Workshop

Session 1: Motivational Speaker

Eve Wahn is a lawyer, inspirational speaker, and transformational life coach. She will use her 30 years of experience to inspire, help build dreams, accelerate results, and create more fulfilling lives.

Session 2: Yoga

Yulia Solokha is an India-trained yoga instructor, who also happens to be a registered nurse! She will guide participants of all levels in setting intentions, reaching their goals, and maximizing relaxation. Please bring your own yoga mat for this session.

As nurses, we continuously think about and care for others. We often put ourselves last! Are you in need of some self love and care?

At RNAO Peel Chapter's Self Care Workshop, two special guests will join us to inspire and guide you in your journey to relaxation, self-love, and a more fulfilled life.

Cost: FREE

Date: June 18, 2019

Time: Registration at 5:45pm,
Event 6:00pm-8:00pm

Location: 7120 Hurontario St. Rm 2-421

Mississauga

Register at:

[https://myrnao.ca/civicrm/event/info?reset=1
&id=683](https://myrnao.ca/civicrm/event/info?reset=1&id=683)