NURSING WEEK 2021

May 10-16

Monday May 10th

Yoga and Meditation

All levels of experience are encouraged to join Dan in this yoga and meditation class. Take an hour to care for your physical and mental health.



Tuesday May 11th

<u>Zentangles</u>

Create a sense of calm using structured patterns to create beautiful artwork. Jane will show you this meditative art form, where there are no mistakes.



<u>Origami</u>

Learn about the art of folding paper called 'origami' with Leslien. Relax while creating three different origami models: a heart, a cup, and a fortune teller.

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

Yoga image retrieved from https://www.vectorstock.com/royalty-free-vector/silhouettes-woman-practicing-yoga-vector-20671197 Zentangle image retrieved from https://www.popsugar.com/fitness/what-is-zentangle-drawing-meditation-46934394 Origami image retrieved from https://www.oliviaandpoppy.com/products/origami-wallpaper Meditation image retrieved from https://www.pikpng.com/transpng/hbmxmix/

MIDDLESEX ELGIN CHAPTER

Our gifts to you Enjoy daily events at 7:30pm, hosted by RNAO Middlesex Elgin. To learn more and register, please visit https://chapters-igs.rnao.ca/chapter/43/email/1959

Thursday May 13th

Heart to Heart Meditation

Experience deep relaxation and gain a new self-care strategy through Heart to Heart meditation guided by Farnaz.

Friday May 14th

Self-care Giveaway

Share your love of nursing by completing our survey by 5:00pm and enter to win a selfcare giveaway. Details are on our social media and in our email.



