

NURSING WEEK 2021

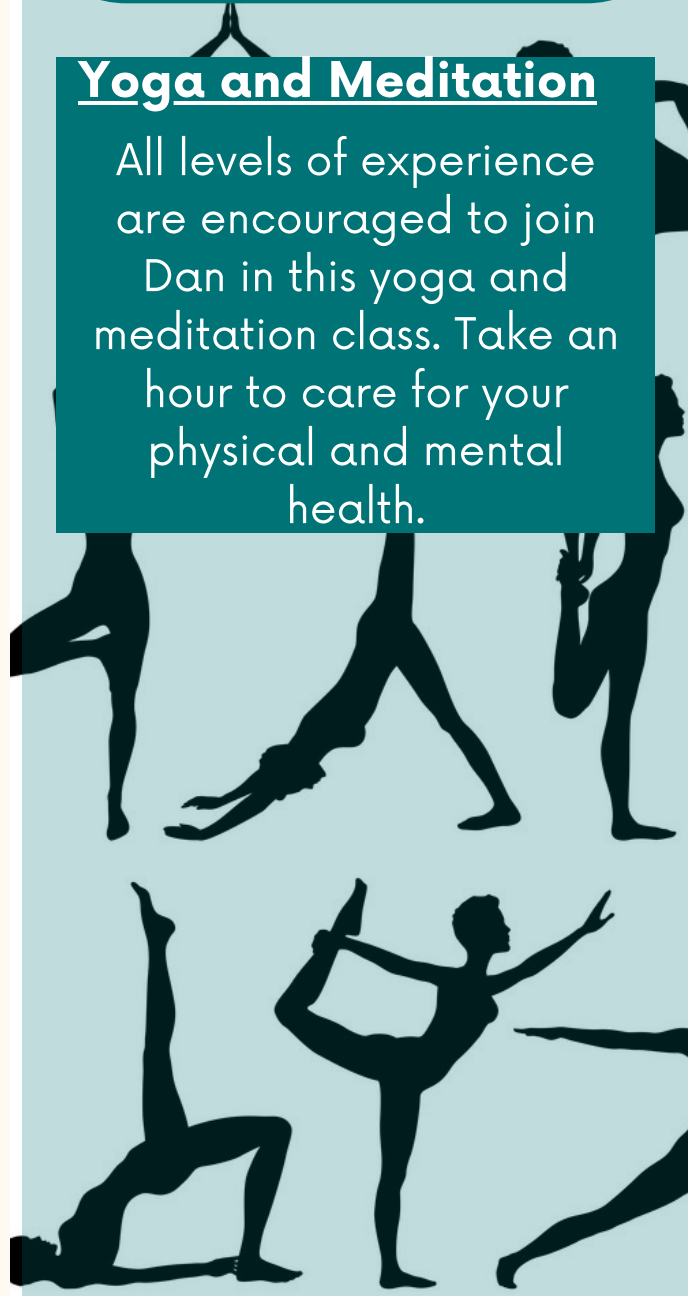
May 10-16

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>

**Monday
May 10th**

Yoga and Meditation

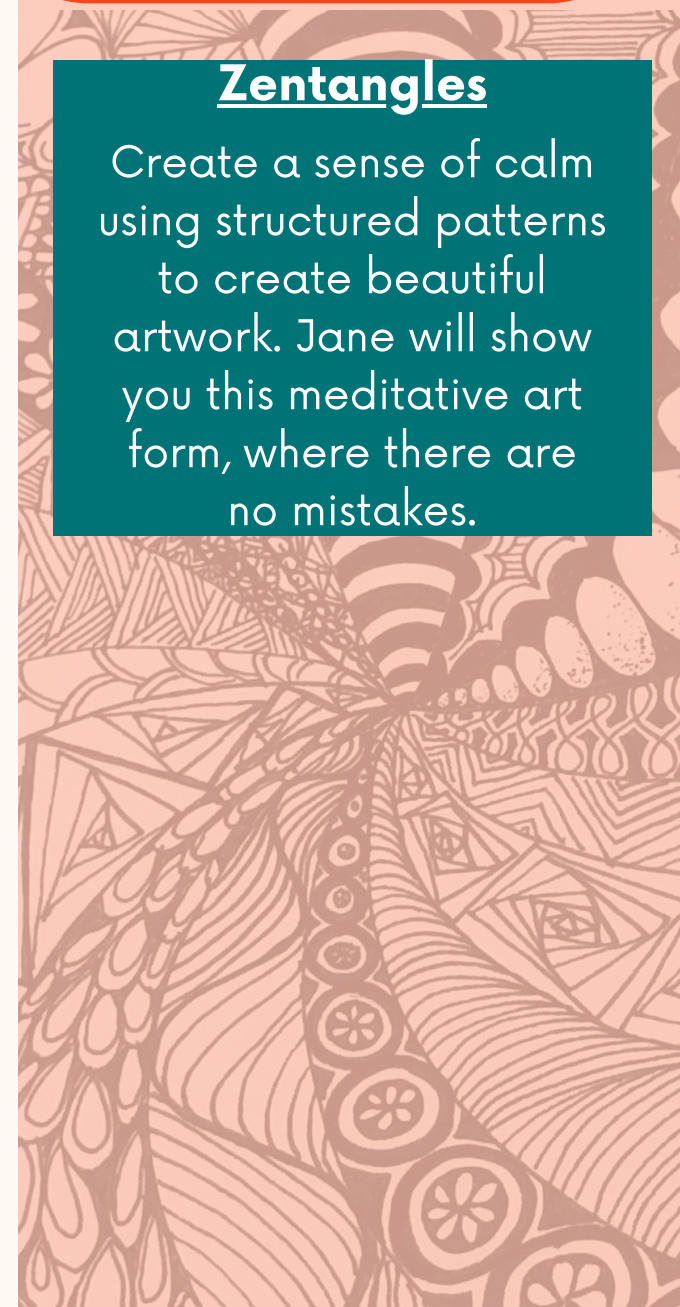
All levels of experience are encouraged to join Dan in this yoga and meditation class. Take an hour to care for your physical and mental health.



**Tuesday
May 11th**

Zentangles

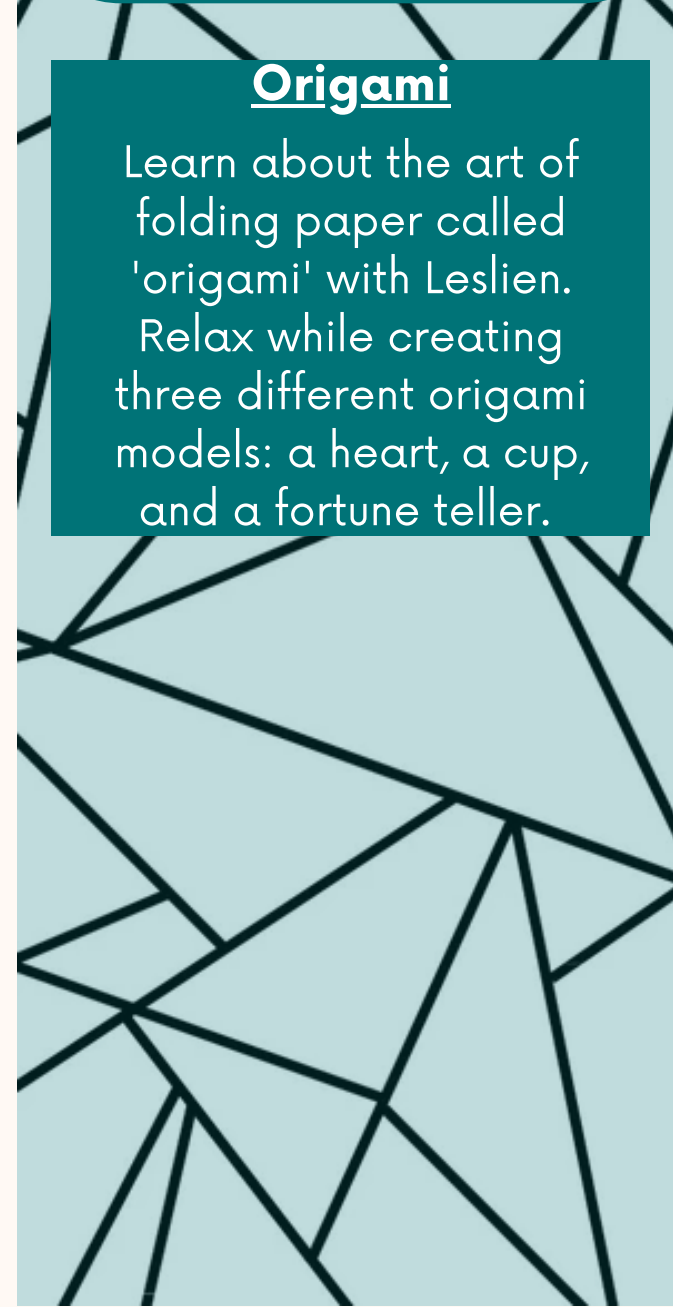
Create a sense of calm using structured patterns to create beautiful artwork. Jane will show you this meditative art form, where there are no mistakes.



**Wednesday
May 12th**

Origami

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.



**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 self-care giveaway. Details are on our social media and in our email.

