

CDH Educates Workshop Series 2022

RESILIENCE Supporting the Well-Being of our Staff and Ourselves

Wednesday, March 2, 2022

11:30 am - 1:00 pm

Free event via Zoom

As the pandemic moves into its 3rd full year in Ontario, each of us continues to adapt to change: in our workplaces, in our homes, with our family, friends, and co-workers.

Join Ana Nunes-Freitas of Acclaim Health as she delivers tips, tools, and tactics to help us thrive amid adversity. Together we'll reframe our collective experiences to help foster adaption and resiliency, acknowledging this is "not business as usual" and learning ways to incorporate wellness practices into our daily lives.

Presenter: **Ana Nunes-Freitas**

Ana currently works for Acclaim Health and is the Care Manager/ Educator for Wellness Services working with caregivers, palliative and chronically ill clients. Ana is a retired RMT and teacher, strongly believing in the prioritization of self care and access to wellness services in the community.

Wellness Services is generously funded by Halton Region Community Investment Fund.



Registration at cdhalton.ca/events Please register by **Monday February 28 @8pm.**

Zoom virtual meeting link will be sent to the email provided in the registration, one day before the event.

Any questions? Call 1 (855) 395-8807 ext. 2 or email hejohnson@cdhalton.ca