



The Center for Professional Development in Nursing and Health  
& The Lambda Delta Chapter of Sigma Theta Tau International (STTI)

## Promoting Self-Care for Healthcare Professionals

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Date: November 12, 2022 Time: 10:00am -1:15pm

Location: Monmouth University - Anacon Hall

Fee: \$40 (\$15 for current MU students)

Contact Hours: 3.0 for Nurses

Registration will close on 11/8

An evidenced based program designed to inspire those who care for others to also take care of themselves. This program will explore the need for self-care and the research supporting it. The presenters will focus on behaviors that can improve the mental and physical health of both the caregiver and their clients. Join us in exploring simple lifestyle changes and resources that can be shared with your friends and co-workers to improve workplace wellness.

Topics Include:

- **The evidence for self-care:** Take good care of your-self: understanding the evidence and applying it to your life.
- **Mindful meditation:** A guided practice and techniques to reduce stress, enhance focus and well-being. Perfect for people who think they can't meditate.
- **Tai Chi:** Explore the numerous benefits and take part in a brief introduction to the movements.
- **Self-defense basics:** Develop a mindful approach and awareness to your surroundings and observe simple strategies that can be applied in any setting.

Wear comfortable clothes and shoes! Participants will take part in a mindful meditation and participate in the gentle practice of Tai Chi. Self-defense techniques will be demonstrated.

Presenters:

- **Cynthia O'Connell** is a recently retired Specialist Professor from the Educational Counseling graduate program at MU. She received her training in teaching Mindfulness Based Stress Reduction at the Jefferson-Myrna Brind Integrative Medicine Center in Philadelphia.
- **Andrea Garcia, OTD, MSW, OTR/L** is a specialist professor and doctoral capstone coordinator for Monmouth University's occupational therapy program. She specializes in upper extremity rehabilitation. Dr. Garcia is a master teacher in reiki.
- **Shoshanna Katzman, M.S, L.Ac** is the founder of Red Bank Acupuncture & Wellness Center. She has been practicing Tai Chi and Qigong since 1974. She also specializes in acupuncture and Chinese herbal medicine.
- **Brianna Wesley, RN, BS** is a registered nurse in the emergency department and current graduate student at Monmouth University. She has a fourth degree black belt in Tae Kwan Do Chung Do Kwan and has been practicing for 22 years.

**Successful Completion:** Participants will attend 95% of the program, and complete an online evaluation to receive contact hours. None of the planners for this educational activity have relevant financial relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. There is no commercial support for this activity.

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Register online! <https://www.monmouth.edu/school-of-nursing-health/continuing-education-programs/>

Pre-registration is required so please register early! Visit our website to view registration and refund policies. For additional questions, email [bpaskewi@monmouth.edu](mailto:bpaskewi@monmouth.edu)

The Marjorie K. Unterberg School of Nursing and Health Studies at Monmouth University is approved as a provider of nursing continuing professional development by *New Jersey State Nurses Association*, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation Provider Number: P242-10/21-24

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