

Planning (and Sticking to) Healthcare Goals and Routines



Brand: Heartbeat Academy
Product Code: 81

Price: \$14.95

Short Description

Provider approved by the California Board of Registered Nursing, Provider Number CEP 16061 for 1.0 contact hours.

Description

Presented by Lisa Kimrey, RN, BSN, MBA

In this session, attendees will learn how to set, plan, (and stick to) self-care goals and routines. Using a combination of Scripture, research, and nursing knowledge, Lisa will teach attendees why and how to abandon New Year's Resolutions for specific self-care goals.

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Course published in 2020

Refund Policy

1. Refunds for non-attendance will only be awarded if non-attendance is the direct result of an unplanned or unannounced outage. When a registrant is unable to access a webinar/course due to an unplanned or unannounced server outage of Heartbeat International Academy, the HeartbeatInternational.org website, or HeartbeatServices.org

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