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

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