



Presented and funded by the
North East Valley Division of General Practice

Final End of Year Session dedicated to.....

‘Work/Life Balance – Looking After Yourself

Invitation to Practice Nurses

The workshop presenter is Del Lovett RN Practice Nurse Leader
Tutor Graduate Certificate in Practice Nursing
Certificate IV in Workplace Training and Assessment

This workshop will include ideas to rejuvenate you and help you to consider the importance of your own health and well-being:

- *Tips to help you to reduce stress while you balance home and work commitments*
- *What would make you think that you or another staff member is affected by burnout and why does this matter?*
- *Learn a simple, relaxing hand massage technique*

Program:
6.30pm Refreshments
7.00pm – 9.00pm Workshop

Dates:
Tuesday 18th November 2008
Location:
John Scott Meeting House
Latrobe University

Registrations close:
Thursday 13th
November 2008

POINTS:
PNs 4RCNA points

FAX BACK ON 9496 4349 (by Thursday 13th November 08)

*Please complete and return to: Janina De Silva
North East Valley Division of General Practice
I would like to attend the above course.*

Your place will be confirmed by fax or email before the event and a map of the location will be provided.

Name/s:

Practice Nurse:.....

Clinic: QA &CE No: