

REGAINING JOY AND BALANCE TO MOVE FORWARD:

How Nurses Can Refresh, Regroup, and Re-energize

Saturday, March 18 | 8 a.m. to Noon

Reading Hospital

420 S. 5th Ave, West Reading, PA 19611

- Continental breakfast will be served
- On-site interviews offered

To view all opportunities, visit:
careers.towerhealth.org

Tower Health is an Equal Opportunity Employer who is committed to creating a diverse and inclusive environment that is reflective of the communities we serve.

RN & LPN Open House



Featuring Special Guest
Speaker Donna Cardillo

Times have been tough and healthcare professionals are just emerging from one of the greatest challenges ever. Join Donna for an inspirational and practical program to lift you up and get you back on track.

Participants will learn how to:

- Cultivate resilience
- Create a mindfulness practice
- Restore wellbeing
- Empower themselves for future success

* This program awards 1 contact hour

* Tower Health is approved as a provider of nursing continuing professional development by Pennsylvania State Nurses Association, an accredited approver by American Nurses Credentialing Center's Commission on Accreditation.



TOWER HEALTH

Advancing Health. Transforming Lives.