

# RENEWAL

## RETREATS FOR NURSES

**MARCH 25-26,  
2019**

Enjoy two days of natural peace and cozy comforts at Harmony Hill, 90 minutes from SeaTac airport, overlooking Hood Canal and the Olympic Mountains.

**TUITION & FEES  
WITH 10.5 CNEs**

\$550 single occupancy  
\$450 double occupancy  
Includes one-night accommodations and meals. Add optional overnight lodging to extend your retreat.

**EXPERT  
FACULTY**

Linda Covert, RN  
Kathlene Tellgren, RN  
Denise Carrico,  
Integral Yoga Instructor

### CONNECT, LEARN & RENEW

Created by and for caring nurses, your two-day retreat will restore and rejuvenate. Learn self-care strategies for resilience; generous listening skills to improve communication with patients and coworkers; tips to integrate mindfulness into your busy life. Integrated activities include circle sharing, journaling, yoga, meditation and nature walks to increase your mind-body-spirit connection. Perfect to share with friends and team members.

### SIGN UP NOW

Phone: 360.898.2363 x12

Email: [healthprof@harmonyhill.org](mailto:healthprof@harmonyhill.org)

Web: [www.harmonyhill.org](http://www.harmonyhill.org)

This continuing education activity was approved by the Washington State Nurses Association Approver of Continuing Nursing Education (A-CNE), an accredited approver by the American Credentialing Center's Commission on Accreditation. Participants will earn 10.5 CNEs.