

Wednesday, April 29, 2020
Noon to 1 p.m. Pacific time

INCREASING RESILIENCE AND WELL-BEING

A virtual training for Health Care Professionals

This free training provides all health care professionals an opportunity to learn important self-care strategies that support mental health and well-being. Earn CME credits while learning and practicing techniques that strengthen resilience and reduce caregiver fatigue.

Following this training, attendees should be able to:

- Apply practice techniques to increase resilience and well-being
- Identify the three components of self-compassion
- Describe key research that increases resilience
- Understand the role of self-compassion in caregiver fatigue

FREE!

[Click here to register](#)

The University of Idaho, WWAMI Medical Education Program is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Idaho, WWAMI Medical Education Program designates this live activity for a maximum of **1.0 AMA PRA Category 1 Credit™**. Physicians should claim only the credit commensurate with the extent of their participation in an activity.

Questions?

Contact North Idaho AHEC: nidahec@uidaho.edu or 208-885-0131

Sponsored by:



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**Featuring
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Mindfulness
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Mindful
Awareness
Research Center**

**International
Mindfulness
Teacher
Association**

**Certified
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**Dr. Holyoke is an
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**She researches and
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