

Time for you: Prioritising yourself

A nudge to health and wellbeing

RCN Northern and Yorkshire & the
Humber regions
25 April 2024
11.30am-12.30pm

This event, the first in a series for nursing staff working in the independent health and social care sector, aims to help you stop for a moment and focus on your own health and wellbeing.

Online via Microsoft Teams

A moment to care for yourself so
that you can better care for others.

Book online via www.rcn.org.uk/northern (events tab) or
contact the events team eventsreg@rcn.org.uk / 02920 546
460 quoting event number 4450.

Participants will receive a certificate worth CPD hour. Future Time for You webinar dates: 21 May 11:30am-12:30pm and 20 June 4:00-5:00pm.