



National  
Association of  
Neonatal  
Nurses  
Southern California Chapter

## SCANN Meeting

Sponsored By Tarynne Mingione from Mead Johnson

Where: True Food Kitchen Fashion Valley  
7007 Friars Rd Suite 394, San Diego, CA 92108

When: Monday, July 8<sup>th</sup>, 2019 @1800

Please arrive at 6:00pm for register and dinner

The meeting will start promptly at 6:30pm

### Topic:

Don't Stress Your Work – Work Through Stress.

### Objectives:

- Recognize your emotional and physical reactions to stress
- Utilize inner resources to find greater health and wellbeing
- Develop practical skills and tools to manage and respond to stress, not just react to it

### Speaker:

Webinar

CEU provided by the California Board of Registered Nursing

Provider # CEP 9626 for one contact hour

Free for members, \$15 for non-members

(Fee for non-members collected at meeting)

Dinner and beverages will be provided

**\*Please RSVP to [secretary@neonatenurses.com](mailto:secretary@neonatenurses.com)**

**Space is limited, no walk ins. RSVP Required**

