

# FREE ONLINE TRAINING 2 RCFE & BRN CEs



## WHERE & WHEN

Online, Thursday, June 17, 2021 | 1:00 p.m. – 3:00 p.m.

### STRESS REDUCTION & ILLNESS PREVENTION THROUGH SELF-CARE MANAGEMENT & MINDFULNESS

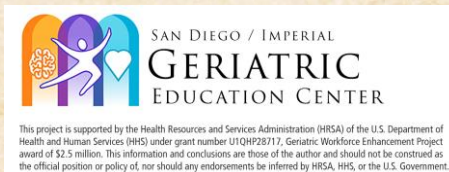
#### Self-Care in the Era of COVID

Valeria Ochoa, Community Educator, Southern California Resource Center

#### Everyday Mindfulness

Marla Richard, MD, Psychiatrist, UCSD

This training is made possible by the San Diego/Imperial Geriatric Education Center.  
Thank you to our sponsor, St. Paul's Plaza.



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## TO REGISTER

[https://us02web.zoom.us/webinar/register/WN\\_dKRnvwbMTXqgMgJ2\\_t9RCg](https://us02web.zoom.us/webinar/register/WN_dKRnvwbMTXqgMgJ2_t9RCg)

For RCFE CEs: The CDSS requires a list of attendees be provided to CCL 2 days before the event. **Registration deadline: June 14, 2020.**

Questions? Contact Ed Long, email: [elong@glenner.org](mailto:elong@glenner.org)

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