

April 29th, Wednesday!

**NSP Wellness Task Force
"Tools for Peer Support: Part II"**



- **Practical Ways to Integrate Wellness into NSP**
 - **IE: (ORM, OET, Women's, OEC, Safety, MTR, Hosts, etc)**
- **Recognize Stress Injury & Strengthen Individual Resilience**
- **Learn Self-Care Skills to Practice & Share**

***One Session: 5-7pm MTN
Interactive Workshop***

Zoom Link: bit.ly/4twGOem

