

Relax, Reflect, Refresh:

An Introduction to Mindfulness



**A Collaborative Program Presented by the
Xi Chi and Eta Eta Chapters of Sigma**

March 20, 2019, 6:00-8:00 pm

6:00-7:00: Refreshments, Networking & Wellness Exhibitors

7:00-8:00: Mindfulness Strategies for Nurses

~Presented By~

Marygrace K. Lomboy, MSN, CRNP, ACHPN, CWCN

**Please R.S.V.P. to Lisa Hostetter at lahostetterrn@hotmail.com
by March 11th, 2019**

- Admission is free for active Eta Eta & Xi Chi members. Guests are welcome to attend for a \$10.00 admission fee.
- **Event Location:** Dixon University Center, Conference Room A, Administration Building (2986 North Second Street, Harrisburg, PA 17110)
- Parking is free and is located underground (below the Administration Building).
- **Dixon University Center Campus Map:**
<http://www.dixonuniversitycenter.org/sites/dixonuniversitycenter.org/files/duc-map.pdf>