

HEALTH PROFESSIONAL TRAINING

Getting Ahead of Holiday Stress

Date: Friday December 6, 2019

Time: 12:00 - 1:30 PM

Registration Link: https://zoom.us/webinar/register/WN_Fd7t2vajQI227VIP6T2kIA

The Holiday season can be a very difficult time for patients, healthcare providers, and families due to increases of personal and professional obligations. This training will educate participants to practice self-care management and de-stress techniques.

Learning Objectives:

- Analyze environmental changes and human circadian rhythms during the holidays.
- Gain knowledge on the psychological impact of the Holidays on different populations.
- Understanding the cultural versus personal meaning of Holy-days.

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under UB6HP27880 and Affordable Care Act (ACA) Public Health Training Centers. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.



Guest Speaker: Dr. Adam Coles, MD

General, Child & Adolescent Psychiatrist
Clinical Director - Maui Family
Guidance Center

This training is pending approval for 1.5 CE CSAC hrs, 1.5 hrs for CHES/MCHES, 1.5 CPEUs for RD/RDN/DTR and/or 1.5 CNEs for Nurses and is approved for 1.5 hrs with the National Association of Social Workers - Hawai'i Chapter. This activity is co-sponsored with the University of Arizona's College of Nursing CPE Unit for 1.5 contact hours. The University of Arizona Continuing Professional Education is an approved provider of continuing nursing education by the Continuing Nursing Education Group, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

For more information, contact
Stephanie Moir
publichealthhui@hiphi.org
(808) 591-6508 ext 9, then 4

