



Self Care and Mental Health Awareness

Saturday, May 15, 2010

8:45am – 4:30pm

Our Lady of Sorrows Catholic Church

Sodality Room #103

1728 Oxmoor Road, Homewood, Alabama 35209

(Located across the street from The Homewood Library)

Free parking in deck behind the school. Pass church and turn at traffic light at Nabeel's Restaurant. Precede two streets down and turn right, you will see a white sign with blue writing for Gorrie-Regan on the left where you should turn. Free Parking Deck is on the left. Enter in door where there is white Crucifix. After entering, use door on the left (next to elevator), Room #103, Sodality Room, is first door on the right.

CEUs: All seminars have been approved for Nurses (ABNP 1246 exp. 1-12-11); Social Workers (#0100 exp. 8-3-11); Occupational Therapists, Nursing Home Administrators, Assisted Living Administrators 6.5 CEUs.

Fees: \$45 per seminar; \$50 at door. No refunds for cancellations within ten days of Seminar. CLASS IS LIMITED TO FIFTY PARTICIPANTS

AGENDA

8:45am – 9am Registration

9am – 11am Understanding Schizophrenia: Do You Hear What I Hear?
Brenda O'Neal, RN, MSN
Jefferson State Community College

11:00 – 11:10am Break

11:10am – 1:10pm Depression and the Myth of the Magic Bullet
Dr. Mitch Shelton, PhD, CRNP
Jefferson State Community College

1:10pm – 1:40pm Lunch

1:40pm – 4:10pm Words: A Very Powerful Drug
Peggy Johnson
Master Practitioner of Neuro-Linguistics

4:10pm – 4:30pm Evaluations and Certificates (name required). All Nursing cards will be swiped at end of seminar. Anyone that leaves early will be given credit for hours attended.

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Registration

Fee: \$45.00 (prior to Seminar) \$50 (at the door) / No refunds for cancellations within ten days of Seminar

Class is limited to fifty participants

Mail payments to:

Human Resource Options, LLC, P. O. Box 310996, Birmingham, AL 35231-0996.

You may register on Pay Pal at: www.humanresourceoptions.com

Questions: 205-567-7910

Name _____ Title _____ License # _____

Address _____ City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

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