

Sustaining Grateful Hearts

VIRTUAL PRESENTATION BY MICHELLE O'ROURKE

**When: Wednesday, November 13th, 2024 at
7:00 PM EST**

Where: Virtual Zoom Link

Cost: \$20

**To Register, send payment via e-transfer to
capnm.secretary@gmail.com**

Zoom details will be provided upon payment



Providing care for others can be physically, emotionally and spiritually exhausting. Research in the areas of psychology, wellness and even cardiology, point to the importance of mindfulness, self-compassion and gratitude in keeping our minds and hearts healthy. Join us to explore these areas more deeply, and learn new ways to be renewed and inspired!

Michelle O'Rourke RN MA has a background in Emergency Nursing, Hospice Palliative Care, Parish Nursing and Spirituality, and is the author of two books on dying and palliative care. Her third book, Healthy Caregiving, Perspectives for Caring Professionals in Company with Henri J.M. Nouwen, reflects her passion in helping care providers to stay well!

Michelle helped to develop the Foundations in Parish Nursing Course which is offered through St. Peter's Seminary, serving as Coordinator until 2016. A highlight in her career was helping to design, build and open the 10-bed Chatham-Kent Hospice. She enjoys speaking and inspiring others, and sits on the board of the Canadian Palliative Care Nursing Association and the Henri Nouwen Legacy Trust. For more info visit www.selahresources.ca

Proceeds from this session will go to support the CAPNM Education Bursary Fund
For more information contact capnm.secretary@gmail.com
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