

Mindfulness-Based Stress Reduction Training

ahcancal.org/LessStress

Self-care is essential for long term care staff experiencing stress and burnout due to COVID-19 and the current workforce crisis.

Addressing these stressors is an essential and purposeful retention strategy. Learn more about AHCA's two new mindfulness-based stress reduction courses designed for long term care staff.

Improving Staff Resiliency and Retention: An Action Plan that Works.

This course provides the tools and resources needed to decrease stress, put self-care back into daily routines, and support staff in what they do best – caring for others

Approved for 3.50 NAB CEs and **3.0 contact hours** through the Iowa Board of Nursing.

Price
\$199 AHCA/NCAL Members
\$249 Non-members

Self-Care: The Secret to Surviving!

This short course is designed for frontline staff struggling with daily stress. Managers are encouraged to offer this course to staff experiencing stress and as a preventative tool for new staff members.

Short 34-minute learning session does not come with CEs.

Price
\$25 AHCA/NCAL Members
\$65 Non-members

Learn More & Register: ahcancal.org/LessStress

Questions? E-mail educate@ahcancal.org

