



Join us for a virtual

LUNCH & LEARN



with Hospice of the Red River Valley

Join us as we explore topics related to end-of-life care.

Lunch and Learns are held every other month on the second Tuesday of the month from noon to 1 p.m.

These events are free and open to all health care professionals.

**RSVP online at
bit.ly/hrrvlunchlearn
by Nov. 7.**

If you have questions, please email
lunchlearn@hrrv.org.

Join us for

Resiliency in Healthcare: Supporting Self and Others

presented by

Jim Sterling, Ph.D., CHC
Chief Compliance and IT Officer
Hospice of the Red River Valley

In this collaborative session, participants will learn:

- What is stress and resiliency.
- Why we need it.
- How can we get there
- Toolkit and Lifestart for caring for ourselves and others

**Tuesday, Nov. 9, 2021
Noon-1 p.m.**

Registration must be done online at bit.ly/hrrvlunchlearn. A link for the online meeting will be sent to registered attendees 24 hours before the presentation.

Additional Information

Hospice of the Red River Valley is an approved provider of continuing education for social workers in North Dakota. This program will be awarded 1 contact hour.