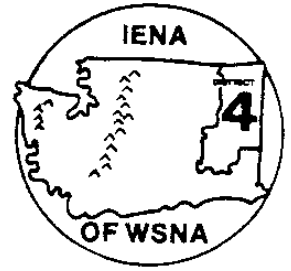




Jointly Provided by the
Washington State Nurses Association
& Inland Empire Nurses Association



Continuing Education Workshop & Brunch

**“Healthy Nursing 2020: Techniques for Improving
Personal Sleep, Diet, and Exercise”**

Presented by
**Teresa Bigand, RN, MSN, CMSRN, CNL
& Ashley English, RN, BSN**

WHEN: Saturday, March 10, 2018; 8:45 -11:30 AM
WHERE: Red Lion River Inn, 700 N Division, Spokane, WA 99202
COST: \$10.00/person (includes brunch)
CONTACT HOURS: 2.0

Registration deadline March 2, 2018 - Seating is limited

Washington State Nurses Association is an approved provider of continuing nursing education by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. (OBN-001-91) (OH-231, 9/1/2018)

To reserve a seat, complete the information below and send this portion of form with a \$10 check payable to IENA or plan to pay \$10 at the door (cash or check accepted):

IENA
222 W Mission, Suite 231, Spokane, WA 99201

Name _____ WSNA Member: Yes / No

Address _____

City _____ State _____ Zip _____

Cell phone _____ Home phone _____ Email _____

Employer _____ Special dietary needs: Vegetarian Other: _____

Questions? Call IENA at 509-328-8288 or send an email to jkaiser.iena@gmail.com