



The Aide's Role in Managing Stress in the Workplace

November 8, 2018 | 12:00 – 1:00 PM PST

With Kathie Smith, RN, BSN

Description: Stress is the body's reaction to any change that requires an adjustment or response. The body reacts to these changes with physical, mental, and emotional responses. Stress is a normal part of life. You can experience stress from your environment, your body, and your thoughts. Even positive life changes such as a promotion, a mortgage, or the birth of a child produce stress. Taking care of yourself as you take care of others is an important part of your overall wellbeing and stress management is a component of taking care of you. This presentation will cover tips on managing stress.

Convenience: Enjoy the convenience and cost-efficiency of a webinar – watch the speaker's slide presentation on the internet while listening by telephone or through your computer's microphone and speakers (VoIP).

Confirmation: Prior to the webinar, a GoToWebinar link will be e-mailed to you. You will need to register through this link to attend the webinar. You will be sent a confirmation which will include a join link to access the webinar, a dial-in number and an access code to listen in via telephone. You will also be sent any pertinent handouts, if available, an evaluation and certificate.

Registration: The registration deadline is November 7, 2018. Registrations may not be shared between agencies – the agency's registration covers the access of only one phone line/computer access to the webinar. Multiple site participation for your agency will require a separate registration fee for each connection.

Registration: HCAW Members: \$95 per agency line
Non-Members: \$195 per agency line

Fees will be refunded only if written cancellation is received by HCAW two weeks prior to the workshop **and no refunds after the registration link is sent to your agency**. In the event of a written cancellation, HCAW will retain \$30 of the initial fee to cover administrative overhead. **Please print – thank you!**

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Fax completed registrations to 206-693-4367 or mail with payment to HCAW, 2311 N 45th St, #337, Seattle, WA 98103. Please contact info@hcaw.org with questions.