

Bounce Back Project

Train the Trainer

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Community Health Improvement**

Objectives:

At the conclusion of this presentation, participants should be able to:

- Understand the health benefits of doing random acts of kindness and writing down three good things each day.
- The importance of gratitude and social connections on our overall health and longevity.
- How to incorporate these resilience tools into their personal and professional lives.

CentraCare is accredited by the Minnesota Medical Association to provide continuing medical education for physicians.

CentraCare designates this live activity for a maximum of 4.0 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This education offering has been designed to meet the Minnesota Board of Nursing continuing education requirements for 4 contact hours. It is the personal responsibility of each participant to determine whether this activity meets the requirements for acceptable continuing education by the licensing organization.

To earn contact hours, participant must attend all sessions and complete an evaluation form.

Please contact the Medical Staff Development Office at (320) 255-5836 if you have special needs.



CME