

San Francisco Legal Professionals Association

Special Brown Bag Presentation
May 5, 2020



Extreme Self-Care for Legal Professionals in Extreme Times **Wellness in the Era of COVID-19**

Many of us have experienced loss, grief, overwhelm, distress, and confusion in recent weeks. A nurse practitioner wellness expert will present ideas on how to approach complexity and chaos, how to practice self-leadership and extreme self-care, no matter what the circumstances. Join us for this lively, supportive discussion to explore strategies to preserve your sanity in this unprecedented COVID pandemic.

Tuesday, May 5, 2020 from 12:30 to 1:30 pm
Webinar

RSVP (state which date) to: Francie Skaggs – francieskaggs@gmail.com by 10:00 a.m. day of the webinar.

A link to access this virtual meeting will follow at a later date.

CCLS continuous education certificates are not available for this event. This event is open to anyone in the legal industry. Feel free to share with your colleagues and friends.

ABOUT THE PRESENTER



Eileen T. O'Grady Ph.D., RN, NP
www.eileenogrady.net

Dr. Eileen O'Grady is a certified Nurse Practitioner and Wellness Coach. She uses an evidence-based approach with individuals and groups to reverse or entirely prevent disease.

She is an expert on intentional change, emphasizing the importance of extreme self-care and how to identify and remedy a life that is out of balance. She is the founder of *The School of Wellness* which is devoted to high level wellness.