



## **Build Resilience and Earn Contact Hours**

**Transcendental Meditation® (TM®) for Nurses:** *Developing capacity for improved judgment, decision making and resilience under stress*

### **Introductory Presentation**

**Earn 2 CNE contact hours!**

When you take the TM Nurses course, you will receive an additional **21.25 CNE** contact hours!

**Classes flexible to meet your work schedule**

Call or email for the classes in your area:

[educationdirector@tm-women.org](mailto:educationdirector@tm-women.org)

641.451.1592

## **Transcendental Meditation for Women**

[www.tm-women.org/nurses](http://www.tm-women.org/nurses)

This continuing nursing education activity was approved by the American Holistic Nurses Association (AHNA), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

AHNA approval #1384, Expiration date 11/30/2020

The TM for Nurses course is an Endorsed Program of the American Holistic Nurses Association.

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