



**Compassionate
Care Initiative**
at the University of Virginia

*Please join us for our
upcoming events,
classes and drop-in
sessions!*

September 23, 2014

3:00 – 5:00 p.m., McLeod Hall, room 5060

Interactive Workshop: Sign Chi Do

Carol Rogers, PhD, visiting from the University of Oklahoma, will demonstrate the practice of Sign Chi Do, describe available resources for personal practice and teaching Sign Chi Do classes, and discuss how Sign Chi Do can be used in the clinical setting.

Registration recommended to ensure space. Register at:

<http://compassion.nursing.virginia.edu/events>

Related Office of Nursing Research Forum:

September 23, 12:00 – 1:00 p.m., McLeod Hall, room 5060

Sign Chi Do: A Holistic Approach to Improving Health

Outcomes for Older Adults (presented by Dr. Carol Rogers, University of Oklahoma)

September 24, 2014

8:00 – 8:30 a.m., McLeod Hall, room 5060

Sign Chi Do morning practice

Guided by Carol Rogers, PhD

Start your day with 30 minutes of self-care. No special attire or equipment required. Everyone is welcome!

SAVE THE DATE

The 2nd Melton D. & Muriel Haney
Interprofessional Conference on
Compassionate Care at the End of Life
will be **Saturday, April 18, 2015.**

More details to come!

On-going, drop-in sessions

*The Compassionate Care Initiative of the UVa School of Nursing welcomes you to join us for our drop-in sessions that are open to the University, Medical Center, and wider community.
No previous experience required!*

Rx3: Restorative Practices for Health Professionals & Students

Tuesday evenings (monthly)

Sept. 16, Oct. 21, Nov. 18, Dec. 9

6:00-8:00 p.m.

Claude Moore Nurs. Ed. Bldg. 1110

Co-led by Susan Bauer-Wu, Lauren Catlett, and Linda Kobert

A dose of creativity and self-care based on the principles of resilience, reflection, and relationship-building

Meditation

Tuesday evenings (weekly)

5:30-6:30 p.m., McLeod Hall 5060

Led by Sam Green

Wednesday mornings (weekly)

6:00 – 7:00 a.m., McLeod Hall 5060

Led by Jonathan Bartels

Thursday evenings (weekly)*

5:30 – 6:15 p.m.

Claude Moore Nurs. Ed. Bldg. 3020

Co-led by Susan Bauer-Wu, Julie Connelly, and Michael Swanberg

Yoga*

Mondays, 7:30-8:30 a.m. (weekly)

Fridays, 5:15-6:15 p.m. (weekly)

McLeod Hall 5060

Led by Esther Lozano

Mindful Lunches*

Wednesdays (weekly)

12:15-12:45 p.m.

Claude Moore Nurs. Ed. Bldg. 3018

Co-led by Susan Bauer-Wu, Anna DeLong, and Jane Muir

Bring your own lunch and take a breather in the middle of the day.

*Sessions will begin in September.

For more information about the Compassionate Care Initiative and helpful resources, visit:

<http://compassion.nursing.virginia.edu>