



WELLNESS RELAXATION EXERCISES WORKSHOP WITH SUSAN TETFORD

TUESDAY MAY 20 @ 7-8PM EDT
RSVP TO NCFCARES@GMAIL.COM



ABOUT SUSAN TETFORD

Susan Tetford is a faith-based holistic fitness coach, personal trainer, and the founder of The WOW Connection, a membership community supporting women in eight dimensions of wellness. She specializes in helping women of faith live well through biblical truth and science-backed wellness practices. Her passion is helping others reclaim their health and purpose so they can serve well in every area of life.

LEARNING OBJECTIVES

- Understand the impact of stress and burnout on nurses
- Explore effective rest and recovery strategies
- Learn practical stress management techniques for shift work
and demanding schedules
- Integrate holistic wellness principles into daily routines