

HEALTH MONEY WORK STRESS FAMILY

CREDIT CARDS MORTGAGE TAXES

INSURANCE RESPONSIBILITIES HEALTH MONEY

WORK STRESS FAMILY CREDIT CARDS MORTGAGE

TAXES INSURANCE RESPONSIBILITIES HEALTH



Time to take care of ourselves

NURSEFIRST+

MPM Nurses:

Do you often feel overwhelmed, both at work and at home?

Are you always a caregiver for everyone else: patients, family members, friends?

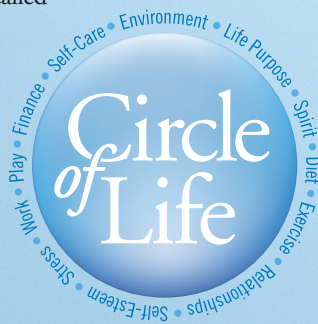
Do you feel that your life is out of balance?

Is something missing in your life?

If you answered "yes" to any of these questions, you may be interested in a new Morton Plant Mease program called **NurseFirst**.

This program is designed just for nurses, to help you lead a more balanced life and improve your overall sense of well-being. In **NurseFirst**, a Certified Coach leads a small group of nurses through a process called "Circle of Life" that will:

- Help identify areas of your life you would like to improve
- Create a personal blueprint for change
- Develop and implement an individual action plan (kind of like doing a Nursing Care Plan on yourself!)



With the Coach as your guide and the people in your group as your support system, you will learn and grow as a person and as a nurse.

We have demanding jobs and lives. We are so busy doing for others that we don't always take the best care of ourselves. If you are ready for a change in your life, to be more balanced and have an improved sense of well-being, then consider joining one of our **NurseFirst** pilot groups.

There is no charge for the pilot group and all materials are included. The program will run approximately two hours per week for six weeks. Dates and meeting times will be determined by the group.

If you are interested, please leave a voicemail message for Marcia Albanese at ext. 46845 or e-mail Marcia.Albanese@baycare.org.

www.mpmhealth.com

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