

Mended Hearts: And the Beat Goes On: Managing Chronic Stress

Title:

**“Mended Hearts”
And the Beat Goes On:
Managing Chronic Stress**

Date:

Thursday, December 8, 2016

Time:

5:00 pm – 6:30 pm

*Light food and refreshments
will be served

Place:

100 Hospital Road
Patchogue, NY

*2nd Floor – Conference Room
(Across the street from the hospital)



Mended Hearts

Presented By:

Antoinette Forster,
DNP, RN, PMHN, NPP-BC, PMHN, CNS-BC



Join us for an introductory session on hearing about the necessary skills needed for managing chronic stressors within our lives. Antoinette will use her extensive background as a nurse in both cardiology and psychiatry to help participants in understanding how to take control of symptoms related to stress.

Registration Information:

Call 654-7240 or email DKnapp-SanGiovanni@bmhmc.org