



# Christiana Care's Better Breathers Club

**Date/Time:**

**May 21, 2024**

**1:30-2:30pm Est**

**Location:**

Christiana Care Newark Campus

Suite 1100

and virtually via Microsoft Teams

**Speakers:**

Stacy Noel MSN, APRN-BC, NC-BC, HTCP/I, Reiki

Master

Integrative Care Nurse Manager

-Healing Touch

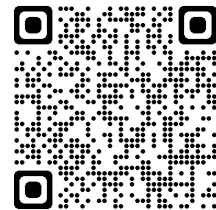
Come learn about mindfulness, self-care, and coping

Please RSVP by emailing

[eaustin@christianacare.org](mailto:eaustin@christianacare.org) or by

responding on our Facebook page

using the QR Code below



*To RSVP or obtain more information  
contact:*

[eaustin@christianacare.org](mailto:eaustin@christianacare.org)

