

**THIS CE WILL BE HELD AT BEL-REA
INSTITUTE
1681 S. DAYTON ST., DENVER CO 80247**



BEL-REA IN-PERSON CE

VETERINARY TECHNICIAN SELF CARE TECHNIQUES WITH JESSICA FYNBOH, PMHNP-BC

I will be presenting easy, at home self-care techniques that can reduce anxiety as well as suicide prevention and awareness. During this presentation the participant can expect to learn about easy self-care techniques to help reduce stress and anxiety, sleep hygiene practices as well as resources for suicide prevention and awareness. A recent study published in 2019 found that suicide risk in veterinary technicians is much higher than in the general population. Easy home self-care techniques as well as suicide awareness would hopefully help to alleviate some of this mental health burden in the veterinary field

DECEMBER 12TH, 2023 6 - 9 PM MST

THIS PROGRAM HAS BEEN APPROVED FOR 3 HOURS OF CONTINUING EDUCATION CREDIT IN JURISDICTIONS WHICH RECOGNIZE RACE APPROVAL.

This CE is \$30. Register using this QR code:
Current Bel-Rea Students email Scott Newman for registration information

