



# AIAM HOLISTIC PULSE



April/May 2023

## SPRING QUARTER CALENDAR

Quarter Begins.....April 9<sup>th</sup>  
 Add/Drop Deadline....April 14<sup>th</sup>  
 No Classes\*\*...April 25<sup>th</sup>  
 Memorial Day\*...May 29<sup>th</sup>  
 Juneteenth\*...June 19<sup>th</sup>  
 Quarter Ends...July 3<sup>rd</sup>

\*aIAM Closed for Holiday

\*\*Clinic Open

Welcome to Spring Quarter..... 1  
 Stress Awareness Month ..... 1  
 Honoring Our Nurses ..... 2  
 National Mental Health Awareness Month..... 2  
 Message From the Dean..... 3  
 Dean’s List – WI23 ..... 4  
 AIAM Success Resources ..... 5  
 Library ..... 6  
 Important Dates and Other Info ..... 7  
 AIAM Important Reminders ..... 8  
 PN Content Seminars ..... 9  
 RN Content Seminars..... 10

## WELCOME TO SPRING QUARTER

Spring has sprung and a new quarter has begun! Welcome back returning students and welcome to all the new students!

We have a few days off this quarter due to holidays and a faculty development day, so make sure you pay close attention to your course syllabus for those Monday and Tuesdays classes, clinics, and labs.

Also keep in mind that since it is spring, it’s tornado season! aIAM does tornado drills. If you are on campus during a tornado drill your instructor will guide you through the process. If you are in a zoom class, your instructor will notify you what the process would be if you were on campus.

***“Learning is not attained by chance. It must be sought for with ardor and attended to with diligence.”***  
***~Abigail Adams~***

## STRESS AWARENESS MONTH

Did you know that April is Stress Awareness Month? Normally we think stress is a bad thing, but there is such a thing as good stress. It’s about having balance. Too much stress is bad and can have negative repercussions on your health. A little bit of stress means you care about what you’re doing and that you’re working hard. No stress would likely mean you’ve stopped caring. Finding that balance is important to your health and to managing whatever it is that’s causing you stress. Being a student is a huge stressor, but it can be managed. So what can you do to help reduce your stress?

- **Organize your priorities** – if you're overwhelmed with assignments and exams, write out your schedule on a calendar and list when things are due. This can help keep you organized and on top of your schoolwork.
- **Spend time with friends and family** – your schoolwork is important. You're driven to succeed for whatever your personal reasons may be. But don't let your schoolwork isolate you from your loved ones. Make sure to take time to enjoy your friends and family. They are your support group while you go through school. Even just a phone call or text message.
- **Practice Gratitude** – it may sound silly or overly optimistic but taking a few minutes to list what you're grateful for can take you out of stress mode and re-center you. It can remind you of the good in your life even during stressful situations.
- **Check out Stress Busters Session** – aIAM is offering free bi-monthly sessions to help students learn techniques to reduce stress. See [AIAM Success Resources](#) for schedule and Zoom link!

## HONORING OUR NURSES

The [American Nurses Association](#) (ANA) calls May Nurses Month with each week divided into focus areas (Self-Care, Recognition, Professional Development, and Community Engagement). Check out the link above for details on each week. We're going to focus on a few particular days: May 6<sup>th</sup> is National Nurses Day. May 8<sup>th</sup> is National Student Nurse Day. May 12<sup>th</sup> is National International Nurses Day.

On May 6<sup>th</sup>, make sure to take some time to acknowledge and thank all of the nurses in your life. Nursing is such an important aspect of healthcare. They are the frontline to your health concerns, filled with compassion and dedication to their patients.

On May 8<sup>th</sup>, student nurses we're honoring *you!* This is an incredibly challenging time for you. Being a student is never an easy process, but you're here and you're doing it! You have taken a huge step by being here and we want to help you succeed. What do you need from us to help you succeed? Short of giving you the answers to all the quiz and exam questions, we want to do what we can to help you be a successful student so you can pass that NCLEX and become a successful nurse!

On May 12<sup>th</sup> the world celebrates nurses for International Nurses Day! May 6<sup>th</sup> is just the U.S., but May 12<sup>th</sup> other countries join in celebrating their nurses. So take some time to acknowledge and show appreciation for all of the nurses around the world.



## NATIONAL MENTAL HEALTH AWARENESS MONTH



May is Mental Health Awareness Month!

Did you know that spending time in nature is linked to many positive mental health

outcomes, including improved focus, lower stress, better mood, reduced risk of developing mental health conditions, and a sense of connection to yourself, your community, and your purpose?

You don't have to hike in a forest to benefit from nature's positive influence. Sit outside, walk in the park, or bring a plant inside to get in touch with the healing power of nature. For more information, visit Mental Health America's website at <https://mhanational.org/mental-health-month/toolkit>

You can find additional mental health resources at [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#) and [National Alliance of Mental Illness \(NAMI\)](#).

## MESSAGE FROM THE DEAN

April and May are months for National Stress Awareness, Nurses Week, and Mental Health Awareness. One I was not aware of is that April is recognized as National Stress Awareness Month to bring attention to the negative impact of stress. I was speaking to our incoming students in orientation today about how essential it is to manage stress for everyone, and students in particular!

As adult learners, you may have jobs, children, parents you care for, relationship issues you are dealing with – any number of things that adults have to cope with as part of living life. Now you are adding in what is both exciting – starting college to become educated for a new career you may have been dreaming of, and a bit daunting, as well. College comes with its own stressors as you need to manage your time, get assignments done, study, attend classes, and fit all this in to what may be already a full life.

The pay-off is well worth it! However, these stressors can sometimes overwhelm us. That's why being aware of the negative impact of stress and knowing how to manage stress is crucial to success.

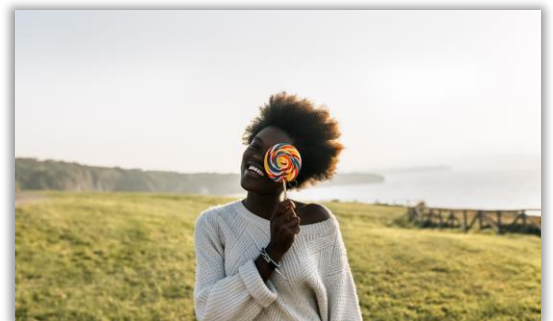
The first step is always awareness. Realize that everyone has stress in some form. How we handle it is individual. At aIAM, we are starting to offer Stress Buster sessions via zoom for our students to help learn various ways to manage your stress. I hope you each find the time to drop in and take advantage of this additional resource to help you on your path to success.

Meanwhile, I will give a brief list of ideas to consider:

- Do something you enjoy, even if for just five minutes. "TIME" is often my excuse for not doing activities I know would be useful for me; it's the perfectionist in me that thinks I need to devote more than five minutes to "do it right"! However, I also know that five minutes doing something I enjoy, or to help shift my mind or mood, can be powerful and effective. Allow yourself to wonder what are some things you enjoy you could do for just five minutes. Music? A funny YouTube video? (I'm a fan of shorts, especially of comics!)
- Move your body. Even a brief stretching session, or walking around your house, or stepping outside and looking up at the sky or surrounding nature can really help shift our brain chemicals, and our bodies will thank us, too!
- Breathe deeply in to the count of 8, hold it for the count of 4, and breathe out to the count of 8. This helps center us back in the present moment, re-focus our mind on something other than racing thoughts, and has the benefit of extra oxygen – always a good thing!

We don't have to make it complicated. Frequent five-minute breaks a few times a day can make a world of difference in your mental and emotional health, which then allows you to focus and learn more effectively, as well.

Wishing you all a beautiful Spring with Less Stress and More Joy!





**Congratulations to  
everyone for all  
their hard work!**

To make the Dean's List one must  
achieve a 3.7 or higher GPA for the  
quarter.

**Winter 2023 Dean's List  
(3.7 Term GPA or higher)**

First Name	Last Name
Aimee	Adams
Ikram	Ahmed
Dana	Applebaum
Karen	Asare
Adele	Atehnchong
Sandra	Blebo
Alicia	Brime
Bintou	Camara
Anastasia	Congdon
Emmaline	DeMartini
Phibian	Dukuray
Brittany	Eddleblute
Jordan	Elliott
Kendra	Engelhaupt
Sherri	Fisher
Candace	Flores
Mildred	Fomengia
Donald	Frye
Xiumei	Geng
Abra	Greenberg
Sarah	Griswold
Tigist	Haile
Katrena	Haney
Kara	Hartings
David	Hud'Homme
Cassie	Hughes
Mohamed	Kanu
Tutue	Kpoto
Olajide	Kuteyi
Paul	Kwakye
Leslie	Meinert
Maryam	Moghaddas
Hanan	Mohamed
Eric	Namaky
Mamusu	N'galiwa
Nadege	Nkengafac
Allison	Sargent
Jennifer	Scaggs
Sara	Steinhausser
Emmanuel	Tabi



## AIAM SUCCESS RESOURCES

We want the same thing you want – for you to succeed here at aIAM, pass your boards, and get started on your new career. Take advantage of everything aIAM has to offer!

1. **Tutoring** – some classes are harder than others. Sometimes the way something is explained in class doesn't quite click and you need some additional assistance. Sometimes the homework readings just don't make sense. Whatever your struggle may be, tutoring is offered to help you get that extra assistance. The trick is *you have to ask for the help*. Our faculty is more than happy to work with you to help you understand, but they're not mind-readers so you have to reach out to let them know you require some additional assistance.
2. **Library resources** – aIAM has a library, but even if you're not on campus you can access the resources. See below for more [library information](#).
3. **Academic Dean Advising** – The Academic Dean is available to assist when life has thrown some curve balls your way and it's causing you to struggle with your classes. Schedule an appointment with her (Dr. Hiatt, [ehiatt@aiam.edu](mailto:ehiatt@aiam.edu)) so she can discuss your options with you.
4. **Additional help** – The Assistant Director of Education/Student Services offers test-taking strategies sessions twice a week (see [schedule](#)) and has open office hours where you can ask questions and get help. Contact Melissa Fischer at [mfischer@aiam.edu](mailto:mfischer@aiam.edu) for more information.
5. **AIAM Student YouTube Channel** – in every course on Populi, you should see a link for the [AIAM student YouTube channel](#). We post useful videos geared towards students. It is a work in progress, but if you have an idea for a video that you think would be beneficial for students, email the Campus Support Specialist, Angela Falasca at [afalasca@aiam.edu](mailto:afalasca@aiam.edu).
6. **Stress Busters Sessions** – College comes with its own stressors on top of what students may already have in their personal lives – jobs, families, time constraints. At aIAM, we know you have a lot on your plate and stress needs to be managed in order to be an effective and successful student.

In these virtual bi-monthly 30-minute Stress Buster Sessions, you will:

- Learn and practice simple and effective stress buster techniques you can do in as little as one minute and feel the calm flow in.
- Learn which quick snacks help your busy brain and which to avoid because they increase stress on your body.
- Learn simple posture and facial expressions to affect your ability to feel calmer and learn more effectively.
- Learn how to use a “good stress” mindset to help you procrastinate less and score higher on tests.

Each session will offer a variety of these tips.

**Wednesday**  
**April 26<sup>th</sup> at 10:30am**

**Friday**  
**April 28<sup>th</sup> at 3pm**

**Wednesday**  
**May 17<sup>th</sup> at 10:30am**

**Friday**  
**May 19<sup>th</sup> at 3pm**

**Wednesday**  
**June 14<sup>th</sup> at 10:30am**

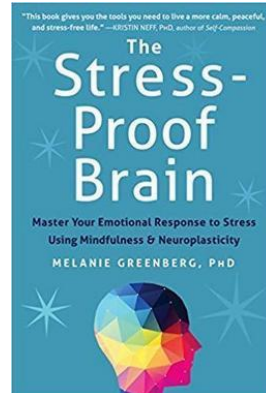
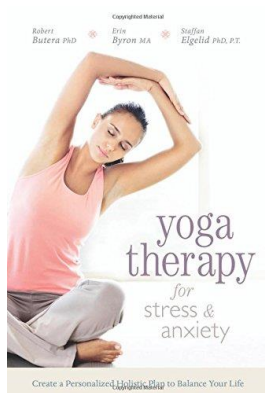
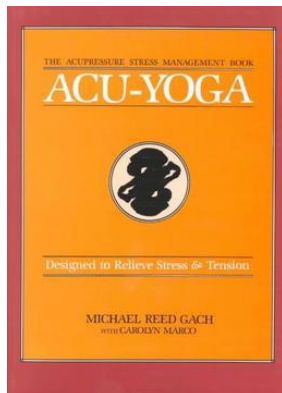
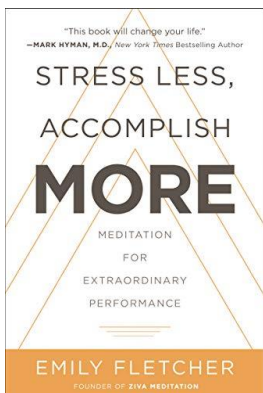
**Friday**  
**June 16<sup>th</sup> at 3pm**

→ [Stress Busters Zoom Link](#) ←





## Library Spotlight: Stress Management and Relaxation



**Stress Less, Accomplish More: Meditation for Extraordinary Performance/ Emily Fletcher**

**Acu-Yoga: Self-Help Techniques to Relieve Tension/ Michael Reed Gach with Carolyn Marco**

**Yoga Therapy for Stress & Anxiety: Create a Personalized Holistic Plan to Balance Your Life/ Robert Butera**

**The Stress-Proof Brain: Master Your Emotional Response to Stress Using Mindfulness and Neuroplasticity/Melanie Greenberg**

You can request a library book by clicking “Place a hold” under the book in Populi’s library tab, just search by keywords or by emailing [mfischer@aiam.edu](mailto:mfischer@aiam.edu) with your request. You will be notified when the book is available for pickup from the lobby area (same day service Tuesday through Friday). Databases, journals, nursing ebooks, and more are available at <https://aiam.populiweb.com/router/library/links/index>

Is there a book you would like to recommend for the AIAM Library? Email recommendations to Melissa Fischer at [mfischer@aiam.edu](mailto:mfischer@aiam.edu)

**Questions about library resources? Email Ms. Fischer at [mfischer@aiam.edu](mailto:mfischer@aiam.edu)**

## IMPORTANT DATES AND OTHER INFO

# AIAM IMPORTANT DATES AND OTHER INFO



spring

Test Taking Strategies

### **Anne Malone:**

**Tuesdays** at 9:00AM and 1:00PM from May 2<sup>nd</sup> through June 6<sup>th</sup>

**Thursdays** at 3:00PM from April 13<sup>th</sup> through May 18<sup>th</sup>

**Fridays** at 4:00PM from April 28<sup>th</sup> through May 19<sup>th</sup>

### **Use this link for any of Anne's sessions:**

<https://us02web.zoom.us/j/81766279023?pwd=ekNQZEJUaFpoMkJ2Y3QwTHprZU01UT09>

### **Eva Goubeaux:**

**Mondays** at 11:00AM from April 17<sup>th</sup> through June 5<sup>th</sup>

**Tuesdays** at 11:00AM from April 18<sup>th</sup> through May 30<sup>th</sup>

**Wednesdays** at 1:00PM from April 19<sup>th</sup> through May 31<sup>st</sup>

### **Use this link for any of Eva's sessions:**

<https://us02web.zoom.us/j/87431903708?pwd=Nkw2ZlZlM010aE11NWJXaERodHhBdz09>

### **Melissa Fischer:**

**Tuesdays** at 3:00PM on May 2<sup>nd</sup>, May 16<sup>th</sup>, June 6<sup>th</sup>, and June 13<sup>th</sup>

**Fridays** at 9:00AM on May 5<sup>th</sup>, May 19<sup>th</sup>, June 9<sup>th</sup>, and June 16<sup>th</sup>

### **Use this link for any of Melissa's sessions:**

<https://us02web.zoom.us/j/5409336867?pwd=Qmc4VHppNXhDTktmRkNrc3JFV0l2Zz09>

## AIAM IMPORTANT REMINDERS

- Masks are no longer required in administrative areas and classrooms; however, they are strongly recommended. Please be respectful of each other. If someone is masked, please ask if they would feel more comfortable with you being masked also.
- In the Clinic, it is up to the client and the clinician if they are masked. Mindbody indicated if a clinician (Massage, Acupuncture, and Reflexology) requires masks or not in their treatment room and all of their clients will be required to wear a mask. If one wants to be masked and wants the other to be masked, they will both be masked. It will be up to the masked person if they are both masked or not.
  - Check your AIAM email regularly for important communications from faculty and administration.
  - When coming on campus, DO NOT park in front of any space with a sign. You will be towed.
- Students are responsible for communicating directly with the manufacturer on all warranty-related issues for the laptop computer. If the laptop computer is purchased through AIAM, students are responsible to replace the item(s) at full cost if lost, stolen, or damaged beyond repair or outside of the warranty.

**#AIAMSTRONG**



## PN CONTENT SEMINARS

Date	Times	Content	Zoom Link
<b>Apr. 18</b>	12:30 – 2:00 PM	Pharmacology/Dosage Calculation	<a href="https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09">https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09</a>
<b>Week 2</b>	2:30 – 4:00 PM	Pharmacology/Dosage Calculation	<a href="https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09">https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09</a>
<b>May 2</b>	12:30 – 2:00 PM	Nutrition	<a href="https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09">https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09</a>
<b>Week 3</b>	2:30 – 4:00 PM	Nutrition	<a href="https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09">https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09</a>
<b>May 9</b>	12:30 – 2:00 PM	Mental Health Nursing	<a href="https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09">https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09</a>
<b>Week 4</b>	2:30 – 4:00 PM	Mental Health Nursing	<a href="https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09">https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09</a>
<b>May 16</b>	12:30 – 2:00 PM	Leadership Nursing	<a href="https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09">https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09</a>
<b>Week 5</b>	2:30 – 4:00 PM	Leadership Nursing	<a href="https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09">https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09</a>
<b>May 23</b>	12:30 – 2:00 PM	Fundamentals of Nursing	<a href="https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09">https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09</a>
<b>Week 6</b>	2:30 – 4:00 PM	Fundamentals of Nursing	<a href="https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09">https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09</a>
<b>May 30</b>	12:30 – 2:00 PM	Adult Nursing	<a href="https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09">https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09</a>
<b>Week 7</b>	2:30 – 4:00 PM	Adult Nursing	<a href="https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09">https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09</a>
<b>Jun. 6</b>	12:30 – 2:00 PM	Maternity and Newborn	<a href="https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09">https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09</a>
<b>Week 8</b>	2:30 – 4:00 PM	Maternity and Newborn	<a href="https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09">https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09</a>
<b>Jun. 13</b>	12:30 – 2:00 PM	Pediatrics	<a href="https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09">https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09</a>
<b>Week 9</b>	2:30 – 4:00 PM	Pediatrics	<a href="https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09">https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09</a>
<b>Jun. 20</b>	12:30 – 2:00 PM	Pharmacology/Dosage Calculation	<a href="https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09">https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09</a>
<b>Week 10</b>	2:30 – 4:00 PM	Pharmacology/Dosage Calculation	<a href="https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09">https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09</a>

## RN CONTENT SEMINARS

Date	Times	Content	Zoom Link
<b>Apr. 17</b>	12:30 – 2:00 PM	Pharmacology/Dosage Calculation	<a href="https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09">https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09</a>
<b>Week 2</b>	2:30 – 4:00 PM	Pharmacology/Dosage Calculation	<a href="https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09">https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09</a>
<b>Apr. 24</b>	12:30 – 2:00 PM	Fundamentals of Nursing	<a href="https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09">https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09</a>
<b>Week 3</b>	2:30 – 4:00 PM	Fundamentals of Nursing	<a href="https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09">https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09</a>
<b>May. 1</b>	12:30 – 2:00 PM	Nutrition	<a href="https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09">https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09</a>
<b>Week 4</b>	2:30 – 4:00 PM	Nutrition	<a href="https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09">https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09</a>
<b>May. 8</b>	12:30 – 2:00 PM	Adult Nursing	<a href="https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09">https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09</a>
<b>Week 5</b>	2:30 – 4:00 PM	Adult Nursing	<a href="https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09">https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09</a>
<b>May 15</b>	12:30 – 2:00 PM	Maternity and Newborn	<a href="https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09">https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09</a>
<b>Week 6</b>	2:30 – 4:00 PM	Maternity and Newborn	<a href="https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09">https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09</a>
<b>May 22</b>	12:30 – 2:00 PM	Pediatrics	<a href="https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09">https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09</a>
<b>Week 7</b>	2:30 – 4:00 PM	Pediatrics	<a href="https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09">https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09</a>
<b>Jun.5</b>	12:30 – 2:00 PM	Mental Health Nursing	<a href="https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09">https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09</a>
<b>Week 8</b>	2:30 – 4:00 PM	Mental Health Nursing	<a href="https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09">https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09</a>
<b>Jun.12</b>	12:30 – 2:00 PM	Leadership/Management Nursing	<a href="https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09">https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09</a>
<b>Week 9</b>	2:30 – 4:00 PM	Leadership/Management Nursing	<a href="https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09">https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09</a>
<b>Jun.26</b>	12:30 – 2:00 PM	Pharmacology/Dosage Calculation	<a href="https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09">https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09</a>
<b>Week 10</b>	2:30 – 4:00 PM	Pharmacology/Dosage Calculation	<a href="https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09">https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09</a>