



# AIAM HOLISTIC PULSE



September 2023

## SUMMER QUARTER CALENDAR

Quarter Begins.....July 9<sup>th</sup>

Add/Drop Deadline....July 14<sup>th</sup>

Labor Day\*...Sept. 29<sup>th</sup>

Quarter Ends...Oct 2<sup>nd</sup>

\*aIAM Closed for Holiday

Aromatherapy .....	1
Benefits of Aromatherapy .....	2
Fun Facts About Aromatherapy .....	2
Should Anyone Avoid Aromatherapy?.....	2
Aromatherapy Chart for Beginners.....	3
Message From the Dean.....	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

## AROMATHERAPY

### Choosing an Essential Oil (EO) Advice from Sherri DeRhodes, AIAM Instructor

EO quality is important. The cheaper oils that you can get at the dollar store or even in some of the health food stores and sections at the grocery store are not pure and typically are not consistently formulated from one purchase to the next. You can get mixed results with these oils. It's more beneficial to invest in better quality oils and use them sparingly because a little goes a longer way with them. Take time and build your stock of oils, starting with some of the most common like lavender, lemon, peppermint, and tea tree. Take time to learn what they can do and be sure to research any potential contraindications with medications and health conditions. Just because something is called "natural" doesn't mean it isn't potent and powerful.

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*Study Tip from Campus Support Specialist, Angela Falasca:* When I was a student, I would always keep some rosemary in my bag to inhale the scent before exams because it helps with memory. I don't know about you, but I'm going to do everything I can to improve my exam scores! BBC News did an article on a study which showed a 5%-7% increase. [Exam revision students 'should smell rosemary for memory'](#).

## BENEFITS OF AROMATHERAPY

- Promotes relaxation
- Helps improve sleep quality
- Help with respiratory issues
- Improves skin health
- Can help manage symptoms or side effects of cancer
- Soothe pain and inflammation
- Help reduce fatigue and raise alertness
- Improve digestion and lower nausea
- PMS or menopause symptoms



## FUN FACTS ABOUT AROMATHERAPY

- Over 2,500 years ago Hippocrates recommend aromatic baths for overall well-being & health
- Philosopher Dioscorides mentioned aromatic oils in his writing in 100 AD
- Aromatherapy oils were used by ancient Egyptian priests during religious ceremonies & antiseptic agents
- Starting in the late 1800s, researchers began using botanical extracts in studies, publishing their reports in respected medical journals
- French and German medical professors started using aromatherapy to fight diseases like tuberculosis and infected wounds
- In the early 19<sup>th</sup> century, essential oils began being used in Western medicine practices
- French soldiers returning home from WW I were treated with aromatherapy oils to heal wounds, treat anxiety and lower depression
- Aromatherapy made its way to the U.S. around the 1980s
- Today sales of aromatherapy lotions, candles, oils, and fragrances are higher than ever before

## SHOULD ANYONE AVOID AROMATHERAPY?

- Pregnant women, people with severe asthma, and people with a history of allergies should only use essential oils under the guidance of a trained professional and with full knowledge of your physician.
- Pregnant women and people with a history of seizures should avoid hyssop oil.

- People with high blood pressure should avoid stimulating essential oils, such as rosemary and spike lavender.
- People with estrogen dependent tumors (such as breast or ovarian cancer) should not use oils with estrogen like compounds such as fennel, aniseed, sage, and clary-sage.
- People receiving chemotherapy should talk to their doctor before trying aromatherapy.
- Essential oils can have interactions with medications. WebMD.com is one trustworthy source for articles on essential oils with evidence based medicinal uses, benefits, side effects, and possible drug interactions.

## AROMATHERAPY CHART FOR BEGINNERS

<b>Mental Health</b>	<b>Allergies</b>	<b>Cholesterol</b>
Lavender Citrus Oils Pine Rosemary Thyme Copaiba Roman Chamomile Ylang Ylang	Lavender Lemon Peppermint Eucalyptus Tea Tree Frankincense	Citrus Oils Pine Thyme Rosemary Clove Cinnamon
<b>Joint Pain</b>	<b>Sleep</b>	<b>Blood Pressure</b>
Eucalyptus Oregano Thyme Peppermint Wintergreen Rosemary Birch Copaiba Panaway	Citrus Oils Lavender Patchouli Cedarwood Vetiver Valerian Palmarosa Roman Chamomile Ylang Ylang	Cinnamon Cassia Clove Copaiba Theives Thyme Oregano Marjoram
<b>Immune</b>	<b>Soreness</b>	<b>Respiratory</b>
Thieves Cinnamon Clove Thyme Oregano Citrus Oils Eucalyptus Helichrysum	Peppermint Eucalyptus Wintergreen Oregano Copaiba Black Pepper Clove Cinnamon Oregano Thyme	Eucalyptus Peppermint Spearmint Wintergreen Thieves RC Raven
<b>Energy/Focus</b>	<b>Skin Clarity</b>	
Citrus Oils Peppermint Spearmint Wintergreen Rosemary Cassia Clove Anise		
	Lavender Frankincense Tea Tree Geranium Chamomile Patchouli Cypress Ylang Ylang Peppermint	

Remember to always research any contraindications, and how to properly use the oil.

**Also, if you have pets, be sure to research which ones can be harmful for your pets. Keep your furry friends safe!**

[Essential Oils and Animals: Which Essential Oils Are Toxic to Pets?](#)

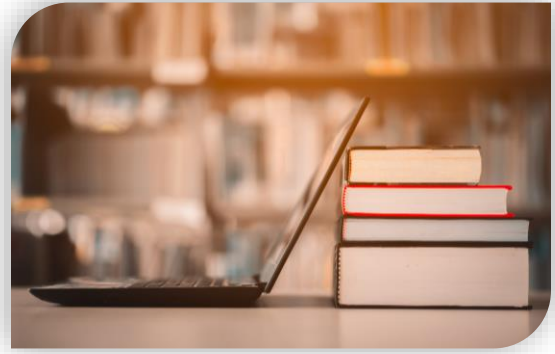
Image from: <https://www.pinterest.com/pin/356206651778193089/>

## MESSAGE FROM THE DEAN

### Self-Care and Your Education

Self-care examples include getting plenty of sleep, choosing healthy foods, practicing stress management, spending time in nature, and expressing gratitude. Self-care contributes significantly to our well-being, improving our physical and mental health.

As a student, it can be challenging to make time for self-care. Yet as a student in a healthcare career program, developing self-care routines now not only enhances your own wellness, but it also helps your ability to educate your future clients. When we have walked our talk, we know the challenges and we have an expanded sense of how to help those facing similar challenges in their own lives. In this sense, self-care as a student is also a type of learning preparation for your future profession in the healthcare and wellness fields.



One self-care tip I'd like to share is the importance of study skills. We don't often consider how we study can not only affect our ability to learn (and pass tests), but it also affects our health. Too often students try to cram studying into long and late-night sessions, eating junk food, drinking caffeine to stay alert. This is not good self-care, and it also is not good study methods.

We perform the best when our brains are alert from good nutrition and rest, and our bodies feel flexible from movement rather than stiff and painful from prolonged sitting.

I can't say I never crammed for a test in college. I can say I learned that it was better to develop a study routine instead. I was an adult learner with children, working in various jobs, and I understand the challenges of finding time and trying to balance all that I had to do. Here is my list of tips from my own experience:

1. Study every day. I didn't feel like I had time, but I realized I had to make time. I had my children on a routine bedtime as I knew this was also good for them. I then would spend two hours studying each weekday after they were in bed. The weekends, if I wasn't working, I would increase that to 4 – 6 hours each weekend day.
2. Sleep when possible. Depending on the time in my life, I sometimes would be able to catch a nap when my children did. In later years, when I had gone back to college after stopping for some period of years due to life situations, I just did my best to get at least 7 hours sleep each night.
3. Have a stash of health snacks. If I didn't have these planned ahead and ready to grab, it was too easy to eat food that was not good for my health in the long run. Some of my favorites were almonds, cashews, hard boiled eggs, celery with peanut butter, apples, and berries. The nuts I would put into baggies or small containers so I didn't overdo in one sitting!
4. Take a walk. Ride a bike. I used to do both of these, depending on where I was living at the time. On my bike, I just rode round and round the block until I had ridden for a set amount of time; I didn't really "go" anywhere. In one area I lived later on when I had returned to college, it was conducive for a nice walk on city streets to an beautiful tree and foliage lined street that was really like a ravine, and I would walk there. The walking and biking allows for both the "getting into nature" and the exercise at the same time. Nowadays, I have a recumbent bike, and also an under-

desk elliptical trainer that helps, and I put on a nature YouTube. Not quite as nice as the nature walk, but it still helps my body and mind feel better!

5. Practice gratitude. It is too easy to fall into habits of negativity in our own minds and hearing it from others only reinforces the negativity. I like to remind myself of all the good things in my life each day. I also think about times I was excited about something, and often that may be something that I am currently irritated about, or bored with, or tired of in some way. Like when I was a student, it could be overwhelming at times. Then I would remind myself how excited I was to start school. And, how excited I will feel when I graduate. After that, how excited at getting the job in the career I wanted to be in after all that hard work. Even dream jobs can weigh you down, as all things have parts to deal with that are not always fun. We can train our brains to focus on what is good instead of what is not the way we think it “should” be. I have learned that “should” is not a useful word for me.

I hope each of you have ways you take care of yourself and/or develop some new ways. As the healthcare workers of tomorrow, it is essential you take care of yourself today.

## AIAM SUCCESS RESOURCES

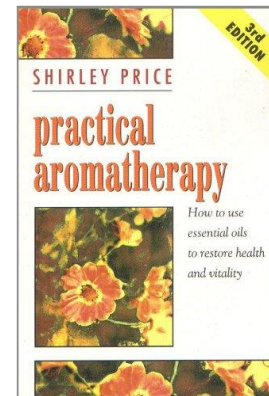
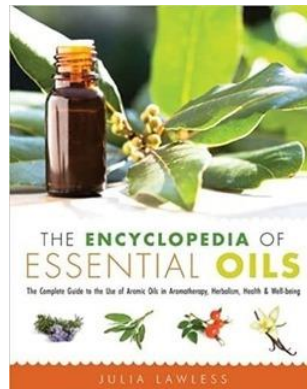
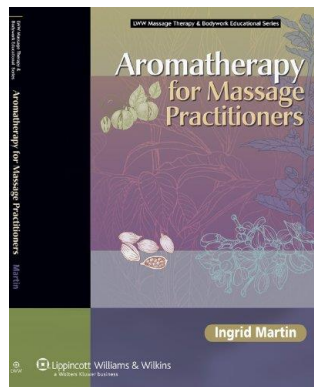
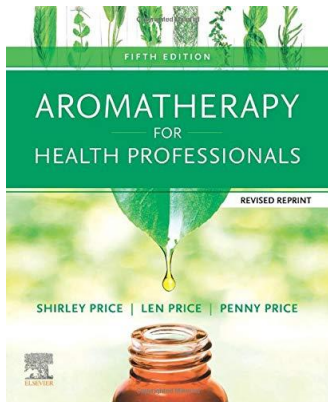
We want the same thing you want – for you to succeed here at aIAM, pass your boards, and get started on your new career. Take advantage of everything aIAM has to offer!

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, [chiatt@aiam.edu](mailto:chiatt@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. There is a [playlist](#) of videos on the aIAM Student YouTube channel where you can watch on your own time, or if you want to arrange a one-on-one, you can email the Campus Support Specialist, Angela Falasca at [afalasca@aiam.edu](mailto:afalasca@aiam.edu).

## LIBRARY



## Library Spotlight: Summer Reads



**Aromatherapy for Health Professionals/Shirley Price, Len Price, & Penny Price**

**Aromatherapy for Massage Practitioners/Ingrid Martin**

**The Encyclopedia of Essential Oils/Julia Lawless**

**Practical Aromatherapy: How to Use Essential Oils to Restore Vitality/Shirley Price**

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



Below is the schedule for summer quarter's test taking strategies! Just show up- no need to email or signup in advance. Be sure to be on time and with camera on. These sessions are only one hour, and the beginning part is vital to understanding the practice questions. See you there!

### **Eva Goubeaux's Test Taking Strategies**

**Use this link for all of Eva's sessions:**

<https://us02web.zoom.us/j/86164625967?pwd=OVNITkIIRFZ0OFornNXdWVpVzgyZz09>

**Mondays** at 11:00AM from Jul 17th through Sep 11th

**Tuesdays** at 11:00AM from July 18th through Aug 29th

**Wednesdays** at 1:00PM from Jul 19th through Aug 30th

### **Anne Malone's Test Taking Strategies**

**Tuesdays** at 1 PM July 18 - August 29

<https://us02web.zoom.us/j/85172645598?pwd=NFI1aU51ZmZQQIZYUldQRUxaOHpJUT09>

**Thursdays** at 3 PM July 27 - August 31

<https://us02web.zoom.us/j/84378494853?pwd=dXg2SzFndHpxekQrWmp2Ry8xaHByQT09>

**Fridays** at 4 PM July 28 - August 25

<https://us02web.zoom.us/j/81861892935?pwd=eGxDaGpHZ2NYWnpmYjdEY2hHSittZz09>

### **Melissa Fischer's Test Taking Strategies**

**Use this link for all of Melissa's sessions:**

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

**Fridays** at 9:00am on August 4, August 18, September 1, & September 8

## 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.

The logo features the text "#AIAMSTRONG" in a bold, blue, sans-serif font. The letter "A" in "AIAM" is stylized with a small, blue, leaf-like graphic above it. The entire logo is centered on a light blue background.

#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

<b>Date</b>	<b>Times</b>	<b>Content</b>	<b>Zoom Link</b>
<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>