

Join staff from the Professional Practice Department for a virtual

DOSE OF RESILIENCE

Offered Monday through Friday at 10 AM and 10 PM on WebEx starting 3/23/20

10 AM WebEx DIAL IN #:
614-688-7800, #474 559 848
10 PM WebEx DIAL IN #:
614-688-7800, # 475 368 757



A DOSE OF RESILIENCE will provide James Cancer Hospital staff with an optional daily care-of-self activity designed to decrease stress and build resilience.

At the designated time each day or evening, simply dial in to the **DOSE OF RESILIENCE** WebEx from your personal phone or work setting.

Activities will range from a brief breathing exercise to a guided imagery to a short reading. All will be less than 10 minutes and hosted by staff from the James Professional Practice Department. Please join us and claim your resilience!

Please mute your microphone after dialing in to avoid feedback and noise interference.

The James



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER