



Santa Clara County Legal Professionals Association  
presents a

# SPECIAL FREE PRESENTATION!

## “EXTREME SELF-CARE FOR LEGAL PROFESSIONALS IN EXTREME TIMES: WELLNESS IN THE ERA OF COVID-19”

Many of us have experienced loss, grief, overwhelm, distress, and confusion in recent weeks. A nurse practitioner wellness expert will present ideas on how to approach complexity and chaos, how to practice self-leadership and extreme self-care, no matter what the circumstances.

Join us for this lively, supportive discussion to explore strategies to preserve your sanity in this unprecedented COVID-19 pandemic.



**Tuesday, June 9, 2020**

### TIME

Check-in: 5:30 pm  
Program: 6:00 pm - 7:00 pm



**VIA ZOOM** – link to Zoom meeting will be provided following registration and prior to program. RSVP via email at [reservations.scolpa@gmail.com](mailto:reservations.scolpa@gmail.com). Download flyer at [www.scolpa.org](http://www.scolpa.org).

**COST: FREE!**



**Guest Speaker**  
**Eileen T. O’Grady**  
**Ph.D, RN, NP**



Dr. O’Grady is a certified Nurse Practitioner and Wellness Coach. She uses an evidence-based approach with individuals and groups to reverse or entirely prevent disease. She is an expert on international change, emphasizing the importance of extreme self-care and how to identify and remedy a life that is off-kilter. She is the founder of *The School of Wellness* which is devoted to high level wellness.

This activity has been approved for MCLE and CCLS credit in the amount of 1.0 hour(s). Santa Clara County Legal Professionals Association certifies that this activity conforms to the standards for approved education activities prescribed by the rules and regulations of the State Bar of California governing minimum continuing legal education.