

# QUALITY CORNER CALL

Jan. 10, 2025  
Noon to 1:00 p.m.  
Webinar Connection Fee: No Charge

## Cultivating Resilience: Refresh, Replenish, and Refocus for 2025

Kick-start 2025 with renewed energy and a stronger, more resilient outlook on both your personal and professional life. Resilience is a skill that can be nurtured through consistent behaviors, mindful thoughts and practical actions.

Join Jennifer Findley from Healthworks in this interactive webinar as we delve into the practical impacts of stress and burnout. She will highlight effective steps toward fostering a culture of wellness, enabling you to manage stress more efficiently while building resilience.

Participants will learn simple, everyday strategies from a holistic perspective to cultivate individual and collective well-being, ensuring a balanced approach to achieving a resilient lifestyle.

## REGISTER HERE

### Questions:

Contact Healthworks at (785) 233-7436 or  
email [jfindley@kha-net.org](mailto:jfindley@kha-net.org)

### Hosted by:



# REGISTRATION:

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### Registration

To receive connection instructions in a timely manner, please register by Jan. 8.

### Two Easy Ways to Register

Online: <https://registration.kha-net.org>

Fax: (785) 233-6955

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Title: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

Telephone No.: \_\_\_\_\_

Email Address: \_\_\_\_\_

(This field is required and where login instructions will be sent.)

### Funding Acknowledgement

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### Questions:

Contact **HEALTHWORKS** at  
(785) 233-7436 or email  
[jfindley@kha-net.org](mailto:jfindley@kha-net.org)

