

# Planning (and Sticking to) Healthcare Goals and Routines



**Brand:** Heartbeat Academy  
**Product Code:** 81

**Price:** \$14.95

## Short Description

Provider approved by the California Board of Registered Nursing, Provider Number CEP 16061 for 1.0 contact hours.

## Description

Presented by Lisa Kimrey, RN, BSN, MBA

In this session, attendees will learn how to set, plan, (and stick to) self-care goals and routines. Using a combination of Scripture, research, and nursing knowledge, Lisa will teach attendees why and how to abandon New Year's Resolutions for specific self-care goals.

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Course published in 2020

## Refund Policy

1. Refunds for non-attendance will only be awarded if non-attendance is the direct result of an unplanned or unannounced outage. When a registrant is unable to access a webinar/course due to an unplanned or unannounced server outage of Heartbeat International Academy, the [HeartbeatInternational.org](http://HeartbeatInternational.org) website, or [HeartbeatServices.org](http://HeartbeatServices.org)

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2. When a course/webinar is cancelled for which individuals have registered, Heartbeat International will send a notification to each registrant per email or phone. Full refund will be sent to registrant within one week of cancellation.

Please contact the Medical Specialist at Heartbeat International (614)885-7577 for questions relating to continuing education contact hours.