

Self-Care Day

SPIRITUAL ASPECTS OF HEALTH & HEALTH CARE

with Alberta Pasco, RN, PhD

Spiritual aspects of health, when well-integrated in our health care, provide long-lasting benefits to physical, emotional, and mental health. They give us a deeper sense of meaning and purpose in life. Research shows that spiritual exercises when practiced regularly can enhance our cognitive capacity, boost our immune function, decrease inflammation, and uplift our sense of well-being.

Sunday, November 5 (10 am - 3 pm)

Register by October 31 at providencerenewal.ca



Alberta Pasco, PhD, combines her nursing and theological background in a unique understanding and perspective of the significance of spiritual aspect in enhancing one's health and providing a wholistic health care for people of all ages, genders, and diverse cultures.



Scan the QR Code
to register

