**🌿 Wellness for Healthcare Professionals IPE 🌿**

**✨ Prevent Burnout. Build Resilience. Thrive. ✨**

**Introducing the *RenewU Program***—a transformative, 4-week *asynchronous* Interprofessional Education (IPE) session designed specifically for healthcare professionals. This evidence-based program draws from over 200 peer-reviewed scientific articles to provide practical interventions that prevent burnout and foster resilience in challenging environments. This event has limited seats.

**🧠 Mind: Mental Well-being Modules**

* Stress Management Strategies
* Mindfulness Techniques
* Emotional Intelligence for Healthcare Professionals
* Building Resilience in High-Stress Environments

💡 *Master essential tools for maintaining mental clarity and emotional balance.*

**💪 Body: Physical Well-being Modules**

* Nutrition for Sustained Energy
* Exercise for Strength & Stamina
* The Science of Sleep for Optimal Health
* Physical Resilience Practices

💡 *Learn how physical health fuels professional performance and personal vitality.*

**Why Register in the RenewU IPE?**

✅ *Flexible, self-paced modules*
✅ *Scientifically-backed practices*
✅ *Promotes long-term well-being and resilience*

**✨ Renew Your Energy. Reclaim Your Well-being. Reinvent Your Resilience. ✨**

📅 **Program Duration:** 4 Weeks | 📍 **Location:** 100% Online & Asynchronous
📩 **Register Here:** <https://uarizona.co1.qualtrics.com/jfe/form/SV_4YBOdAhSl0u80Dk>