



CSNO SOUTHERN SECTION PRESENTS:

2021 Virtual Fall Conference

Guest Speakers

Dr. Chris Koutures - Updating Post Covid
Return to Sports and PE Plans

Cory Muscara - Mindfulness: Shifting from
Thriving to Surviving (includes access to
Cory's 31-day mindfulness course)

NOVEMBER 6 • SATURDAY • 9 AM - 1 PM

Cost:

CSNO Members: \$45.00

Non-CSNO Members: \$60.00

Conference offers **4 contact hours** of Continuing
Education by the California Board of Registered
Nursing, provider #04269.