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CENTER FOR AMERICAN NURSES LAUNCHES NEW WEB TOOL

Silver Spring, MD — The Center for American Nurses has launched a new interactive Web-based resource focused on nurse wellness. The nurse wellness section of the Center's site offers self-assessment tools and resources for nurses to evaluate and improve their personal health and financial literacy.

"Our goal is to offer useful resources to nurses to better their careers and nurse wellness is critical to maintaining a strong and agile nursing workforce," said Vernell DeWitty, RN, MSN, MBA, program director for the Center. "Good health and a keen understanding of personal finances allow nurses to stay focused on their careers and seek opportunities that will poise them for a happy and active retirement."

The physical health and wellness area offers a unique self-assessment tool that asks a series of questions and then creates a customized personal wellness profile [available to members only]. After the initial assessment is completed, users can print a comprehensive report that prioritizes suggested lifestyle changes that will promote wellness. Each report offers specific recommendations on wellness factors such as nutrition, fitness, stress, and substance abuse. Users are invited to return to the site and modify their profile as they initiate lifestyle changes to track their progress. In addition, users will find over 40 fact sheets on topics like smoking cessation, cardiovascular health and weight management.

The financial literacy section offers a host of resources focused specifically on retirement readiness. Additionally, users are pointed to a series of online financial resources outside of the Center's site, including an adult financial education program and dozens of tools for self-assessment on topics like savings and debt.

The nurse wellness resource is a product of the Center's continued focus on mature nurses. While the information on the site is likely to attract nurses 50 or older, it is available to all nurses looking to reduce health and financial problems later in life.

Visit Nurse Wellness resource at <http://www.centerforamericannurses.org/wellness/>

The Center for American Nurses offers tools, services and strategies designed to make nurses their own best advocates in their practice environments. Through research, continuing education and knowledge sharing among today's nursing community, the Center offers powerful resources to nurses seeking to overcome workforce challenges and realize opportunities. Learn more at www.centerforamericannurses.org.

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