

FREE INFORMATIVE TALK

Order, Disorder, Reorder— Life in the Midst of COVID

Guest Speaker: Flora Washburn, BCC, Spiritual Care Manager,
Central Coast, via Virtual/Zoom Meeting



**Wednesday, March 17, 2021
3:00 p.m.**

To register for this Zoom presentation, please call Ashley Hahn at
805.346.3402

There is strength in the human spirit that is greater than we may realize. Each person who has had to face cancer has had to face their fears, to find this strength even though they did not realize they had it. How can we achieve balance and encourage one another in the midst of COVID? Join us from the comfort of your home as Flora shares her knowledge on how to find life balance in a pandemic.

Discussion topics:

- Greater awareness of the impacts of stress—even when we think we are doing okay
- Life happens even in the midst of a pandemic—our personal reactions
- We are stronger than we think—our inner coping and spiritual mechanisms that guide us

This program will be offered on the Zoom platform. A valid email, name and phone number will be required for Zoom invite information.



Flora Washburn, BCC

■ Chaplain Flora Washburn joined Dignity Health in 2013 to serve at Arroyo Grande Community Hospital and French Hospital Medical Center as a hospital chaplain. She is now Manager, Spiritual Care for Central Coast service area north. While serving as a hospital chaplain is both challenging and fulfilling, Flora considers it a privilege to serve patients and families, to hear their stories, and to offer spiritual and emotional support as needed. She has been a chaplain for over 14 years.



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