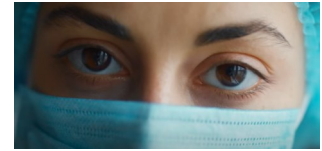


From the ANA...

- * ANA pays tribute to nurses. Click [HERE](#) to watch



- To continue to support you in during the COVID-19 pandemic, ANA is offering a free video education series on critical issues surrounding the crisis. Topics include: PPE, ventilator issues, non-acute care, vaccine development, racial disparities, disease progression, ethics, and mental health



support.

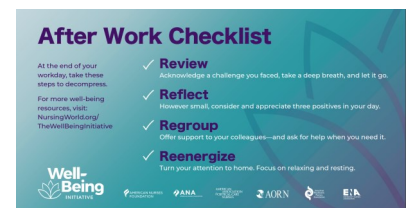
- Nurses, making time for self-care is more important than ever. Looking for resources to kick-off healthy habits this new year? The Moodfit app is designed to support your overall wellness to help set goals related to sleep, mindfulness, exercise, mood, and more.



- * Struggling to keep up with infection prevention and control best practices? Find the latest information and resources at ANA Project Firstline. Designed for nurses by nurses, Project Firstline features comprehensive, evidence-based training about COVID-19 and other pathogens. Learn more and stay informed. Learn more and sign up [HERE](#)



- * Taking steps to decompress after each workday is critical to your mental health. Learn 4 things you can begin doing today with the "After Work Checklist" [HERE](#)



- The ANA is offering a free, complete 42-minute webinar, as well as three “Quick Videos” of key highlights. You must register to watch the complete webinar, or you may click on any of the Quick Videos below to watch them. In these videos, you will learn about the unprecedented effort that is underway to quickly develop an effective and safe vaccine to protect against the COVID-19 pandemic. Click [HERE](#) to register

