

Your Healing Our Nurses experience is designed to help you care for yourself through immersive learning sessions, engaging Signature Classes, nourishing meals and time to connect with yourself and others in nature. Explore the itinerary below; a final schedule will be provided upon check-in.\*



## Day 1

- 2:00-5:00 p.m.** Campus Arrival & Check-In
- 3:00-5:00 p.m.** Afternoon Signature Classes & Teaching Kitchen/Garden Open House
- 5:15-6:30 p.m.** Dinner at Kitchen Table
- 6:45-8:30 p.m.** 1440 Welcome & Opening Faculty Program\*\*
- 8:00-10:00 p.m.** Music on the Patio

## Day 2

- 7:00-7:45 a.m.** Morning Signature Classes
- 7:30-9:00 a.m.** Breakfast at Kitchen Table
- 9:30-11:30 a.m.** Faculty Session 2 — Moral Injury Recognition & Care\*\*
- 12:00-1:15 p.m.** Lunch at Kitchen Table
- 1:30-3:30 p.m.** Faculty Session 3 — Grief & Healing\*\*
- 3:30-5:15 p.m.** Afternoon Signature Classes
- 5:30-7:00 p.m.** Dinner at Kitchen Table
- 7:30-8:30 p.m.** Evening Signature Classes
- 8:30-10:00 p.m.** Music on the Patio

## Day 3

- 7:00-7:45 a.m.** Morning Signature Classes
- 7:30-9:00 a.m.** Breakfast at Kitchen Table & Guestroom Checkout
- 9:30 a.m.-11:30 p.m.** Faculty Session 4 — Hope: Journey to Joy & Growth\*\*
- 11:45 a.m.-12:45 p.m.** Lunch at Kitchen Table & Departures

**\*Please Note:** The final schedule for meals and signature classes is determined after 1440 has verified guest counts, weather conditions and health mandates. Services and schedules are subject to change.

**\*\*Faculty Session Attendance:** Program participants are required to attend all four Faculty Sessions.