

## Area L AHEC Podcast Channel: Educational Credit vs Leisure Listening



Dr. Greene's and Mr. Jones' content has been developed into an accredited online course, as well as a podcast series that can be accessed via Apple and Spotify. If you wish to receive continuing education credit you must register and listen through Area L AHEC. Read the details for both below.

### To receive continuing education credits (CME, ANCC, CEU, or Contact Hours):

The podcast series is available through [Area L AHEC's course catalog](#). For easy access, you may click the links below or copy and paste it in your browser.

**Episodes 1-4:** <https://www.arealahec.org/courses-and-events/71394/finding-your-zone-mindfulness-practices-for-the-healthcare-workforce-episodes-1-4>

**Episodes 5-8:** <https://www.arealahec.org/courses-and-events/73436/finding-your-zone-mindfulness-practices-for-the-healthcare-workforce-episodes-5-8>

**Episodes 9-12:** <https://www.arealahec.org/courses-and-events/73429/finding-your-zone-mindfulness-practices-for-the-healthcare-workforce-episodes-9-12>

**To receive credit, you must complete the online course in its entirety and pass the post-test. Upon completion of the online course, you will receive an automated email from NC AHEC regarding completion of the evaluation, which generates your certificate.**

### For leisure listening:

#### Apple Podcast:

<https://podcasts.apple.com/us/podcast/finding-your-zone-mindfulness-practices-for-the-healthcare-workforce/id1701650202>

#### Spotify Podcast:

<https://open.spotify.com/show/4P1ihPv6FswTSi9hPBSJGO?si=1ea374d8f6524531>

#### Reminder:

You will not be able to receive educational credit hours by listening to the podcasts on these platforms.

#### For questions email:

Shante West, Continuing Medical Education Coordinator, [shante.west@arealahec.org](mailto:shante.west@arealahec.org)

Lisa Renfrow, Director – Continuing Medical Education, [lisa.renfrow@arealahec.org](mailto:lisa.renfrow@arealahec.org)