



The Terra Firma team is holding an Ask the Expert Q&A session with Dr. Michael Olpin, focusing on stress release for nurses. Dr. Olpin is a Stress Release expert with over 30 years of research and teaching experience.

At Terra Firma, we want to answer nurses' questions about stress and stress release. For this reason, Terra Firma invites you to participate in our [Ask the Expert survey](#). Your answers to the survey will help guide the discussion with Dr. Olpin. The recorded Q&A session will be made available to all nursing associations and registered users of the [Terra Firma app for Nurses](#).

For more information about Terra Firma and Dr. Michael Olpin, visit our website @ <https://terrafirmaapp.com/stress-release-course-for-nurses/>.

The survey is open from April 4th through April 24th. To provide your feedback, please click on the following link: <https://forms.gle/NHxiaf3PpEcyEZecA>. Thank you for your input.