

The Nurture360 spiritual health pillar offers tools and programs to help you stay healthy and well throughout every stage of life:

- **Weekly PeacePause**: Every Thursday from 12:15 to 12:30 p.m., join other caregivers to pause and experience moments of joy and laughter, sharing and inspiration.
- **Weekly Prayer Service**: Every Monday, from noon to 12:15p.m., start the week by taking a moment to renew your spirit.
- **Virtual Spiritual Care Session**: You can schedule an on-demand 1:1 session with a member of our chaplain team. This is a safe, inclusive space for reflection, insightful discussion and exploration of your personal journey.
- **Reflections and Prayers**: Prayer and reflections provide a way to center ourselves and make a deeper connection between the work we do and the sacredness of our ministry

Learn more by visiting Crossroads>My HR>[My Benefits](#).

Nurture360 Ecosystem and Pillars of Well-Being

To help bring our whole-person health philosophy to life, we've designed a Nurture360 ecosystem. It includes all the interconnected pillars of well-being and shows how each aligns with the benefits and resources available to caregivers and their families at PeaceHealth.