



CAPITAL

Healthcare Solutions

"A Premier Staffing Company"



It is hard to deny the advantages of traveling for your nursing or therapy career – spending weeks in fantastic destinations with free housing, getting to explore new facilities on each contract, receiving experience from great minds all around the country, and rewarding benefits and incentive programs that nurses based in one location might not see.

These positives do have a drawback though, especially during the holiday season: precious time away from the ones dear to you. An average contract lasts 13-weeks, and some may view this time away from family and loved ones as a deterrent. However, modern technology has allowed us to remain connected to those close to us regardless of how many miles may lie between.

***Use the resources on the next page
to stay connected anywhere!***



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Map Out Your Leave

Top Calendar Apps to stay in touch!

- [Google Calendar](#)
- [Sunrise Calendar](#)
- [Fruux Calendar](#)

Social Media

Set up accounts on your preferred site:

- [Facebook](#)
- [Twitter](#)
- [Instagram](#)

Video Chat

Choose from these great video chat services:

- [Skype](#)
- [Tango](#)
- [Google Hangouts](#)

Apps for Everyone

Search for great mobile games the whole family can play on:

- [Google Play](#)
- [IOS App Store](#)

With modern technology, even when you are miles apart, your family and loved ones can be right with you!