

Code Lavender Project



What is Code Lavender?

Acts of kindness in the workplace that may help reduce stress. If you know of a nursing colleague who is experiencing stress. Please give a brief story as to why your nomination would benefit from this project, which promotes work-life balance in efforts to reduce stress.

Please email: HCLavenderProject@mlhs.org .

Each month, 2 nurses will be chosen to receive a lavender package.
The lavender project is an initiative to increase acts of kindness after stressful workplace events.
Currently this project is only for nurses.

“A good way to overcome stress is to help others out of theirs.”

- L John Mason