



Please Join Us in Celebrating Good Health!

A Stress Management Webinar

EXTINGUISHING BURNOUT: STRATEGIES FOR OVERCOMING OVERWHELM

SEPTEMBER 7TH

12:00PM – 1:00PM ET

Attend this session to learn...

- What is burnout and what causes burnout to occur
- Identify risk factors, signs and symptoms of burnout
- Strategies for managing burnout and its symptoms

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