

45-MINUTE
VIRTUAL
SEMINAR

Soak Up the Summer: Burnout Prevention

Wednesday, July 16
12:00-12:45pm ET

While summer is a great time for fun in the sun, it can be difficult to savor the moment when you're feeling burned out. Learn from a mental health expert on strategies to slow down and find balance this summer season.



Presenter:
Dr. Marsha Evans, PsyD