

INTERESTED IN RECHARGING FROM PANDEMIC EXHAUSTION?

Join our bite-sized evidence-based well-being webinar series!

Open to every healthcare worker in Michigan (clinical and non-clinical) on behalf of the MHA Keystone Center and Duke Center for Healthcare Safety and Quality.

Why? Compared to anxiety and depression – burnout is relatively easier to prevent and treat. Bite-sized strategies can significantly enhance your well-being, and through sharing, the well-being of your co-workers.

Planned start date of March 29

Tuesdays from noon – 1 pm EST, virtual sessions

10 weeks (optional 11th on sharing content with colleagues)

Recordings available to view/share after each live session

Up to **11 hours** of CME/ANCC credit available

To enroll, visit: bit.ly/WELLB2022

or scan the QR code

