

FEELING BURNED?

Presented by
Dr. Stef Kastely
University Counselor II

Burnout can happen to anyone but that doesn't mean we can't do something about it

Join Dr. Stef for a 3-part online workshop series on what burnout is, and how we can take steps to prevent and reduce burnout risk

July 12th 4-5pm

July 19th 4-5pm

July 26th 4-5pm

RSVP by emailing
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