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