



## Take a convenient online class to reignite your health and well-being

Finding a healthy pace at work and at home is more important than ever to avoid burnout. Discover how workplace culture, building connections, practicing compassion, and taking small steps each day toward self-care can reduce the impact of burnout.

### Moving From Burnout to Brilliance

Tuesday, June 18, 2024 | 11 AM to Noon Pacific Daylight Time

Join via computer or mobile device using the link below or QR code:

<https://event.on24.com/wcc/r/4432088/6A7B3FC054797E37ACA84937842EE598>

Registration is now available and will remain open through the end of the event.

