

BATTLING BURNOUT



LETS TALK STRESS AND BURNOUT WEDNESDAYS @ 1:00 P.M.

Your body requires
you to be fair

Its always best to
become aware

You will improve
your self-care

Zoom Link

Meeting ID: 861 4203 5254 | Passcode: 787100



ATLANTIC
CENTER FOR INDEPENDENT LIVING, INC

The Atlantic Center for Independent Living supports equal access for all.
For accommodations please contact Sadaf at Sriaz@atlanticcil.org or call (609)-748-2253 ext. 1