

# CEU "BURNOUT RELIEF WITHOUT RESIGNATION"

CALLING ALL NURSES AND SOCIAL WORKERS  
ACCREDITED COURSE FOR ONE CONTACT/CLOCK HOUR

**Thursday, December 7  
5:00 PM**

**Complimentary class & dinner included**

This continuing education curriculum focuses on addressing chronic stress and burnout within the healthcare profession. It equips participants with the ability to distinguish between stress and burnout, while providing practical guidance on cultivating personal resilience through the promotion of a positive culture and community.

The program also provides tools for achieving balance in the seven essential domains of life, promoting overall well-being.

**RSVP by calling  
(734) 744-3702**

## **Parents** **Changing** **Spaces**

**Hosted by:**



**MAPLE  
HEIGHTS**



4600 Allen Road,  
Allen Park, MI 48101

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