

REAL SUPPORT FOR REAL LIFE



Cigna Employee Assistance Program Presents:

Beating Burnout

Everyone gets stressed out once in a while. But if you're always feeling stressed or can no longer keep up with your responsibilities, it could be job burnout. In this seminar, you'll find out how burnout can develop, discover how to recognize it within yourself, and learn the steps you can take to make sure it doesn't happen to you.

Wednesday, February 10, 2021

2 pm ET / 1 pm CT / 11 am PT

Log in to register for this seminar at:

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