## From Tired to Inspired: Keeping Engaged and Preventing Burnout

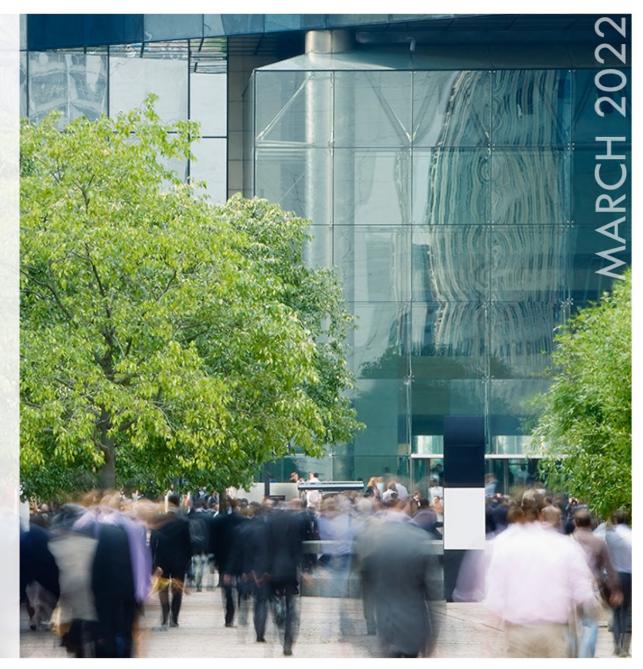
## **ONLINE SEMINAR**

## Be proactive to limit feelings of being overwhelmed

Learn how to prevent burnout and maintain engagement in your work and personal life.

LET US HELP Visit your home page starting March 17th WEBSITE: www.EAPHelplink.com TOLL-FREE: 1.800.999.1077 CODE: DOUGLAS

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## YOUR EMPLOYEE ASSISTANCE PROGRAM