



70% of people report experiencing burnout, which impacts work, mood and personal relationships. Learn why implementing boundaries is an important self-care strategy to help prevent burnout.

Boundaries Before Burnout Wednesday, July 27 11:30 a.m. - 12:30 p.m.

Register Now

Space is limited.

Questions? Horizon Health Guide has the Answers. Call 1-800-414-SHBP (7427).

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