



Boundaries Before Burnout

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).

