

The Washington County Resiliency Team invites you to a

Brown Bag Lunch

on

Avoiding Provider Burnout

May 3, 2017 — 11:30 am to 1 pm at a Machias location tba

Sponsored by the Community Caring Collaborative

- ◇ Recognize the signs of provider burnout
- ◇ Remember why you do this work
- ◇ Strategize new ways to take care of yourself
- ◇ Devise a practical plan for self-care you can follow
- ◇ Door prizes and more!

Bring your lunch, but be sure to save room for ice-cream — we are treating you to a sundae buffet!

RSVP to Christine at claurel@cccmaine.org by April 28th

