

MARINO WELLNESS

# BURNOUT

## *recovery & prevention*

25-MINUTE VIRTUAL SEMINAR

TUESDAY, OCTOBER 19TH,  
11:30AM-11:55AM

Feeling burnt out? In the current working landscape, burnout is one of the biggest threats to our wellbeing. In this expert led seminar, learn about the stages of burnout and how you can recover to find more balance in your life.

Join Us  
via  
Zoom!



Presenter:  
Abby Krom, LMFT