

PHILADELPHIA AIRPORT WORKSHOP PRESENTATION

“AVOIDING BURNOUT”



Learn how to identify the sources and symptoms of stress in your own body, learn coping mechanisms and how to avoid future episodes.

Presented by: Vanessa Martin, EAP Clinician

When: Thursday, October 10, 2024

Time: 12:00 PM to 1:00 PM

Where: Anyplace you like – it's virtual!

Don't struggle, contact your EAP!