

SELF-CARE & BURNOUT PREVENTION



Presented by **Joyce Marter, LCPC**
Licensed Therapist & National Speaker

Joyce will help participants identify stress and burnout and understand the difference between the two. She will provide tips for preventing compassion fatigue and dealing with burnout, and suggestions for self-care specifically aimed at helping professionals. Lastly, participants will have an opportunity to make a commitment to healthy living, wellness and burnout prevention.

Thursday, March 26, 2020

5:00pm – 5:30pm - Registration Sign-in, Light Bites and Refreshments

5:30pm – 6:30pm - Presentation



Artis Senior Living of Lakeview

3535 N. Ashland Avenue
Chicago, IL 60657

A \$5.00 fee is requested from all professionals in the field of aging prior to the date of the event. An invoice will be emailed after registration. Please make checks payable to Elderwerks Educational Services, a 501C3 not-for-profit corporation and mail to PO box 92, Cary, IL 60013. To pay by credit card, please follow the link included in the invoice to pay online.

To RSVP, please email events@elderwerks.org or call 847-462-0885

This program awards **1.0 CE** credit to Illinois nurses, professional counselors, social workers and nursing home administrators. License number required.

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