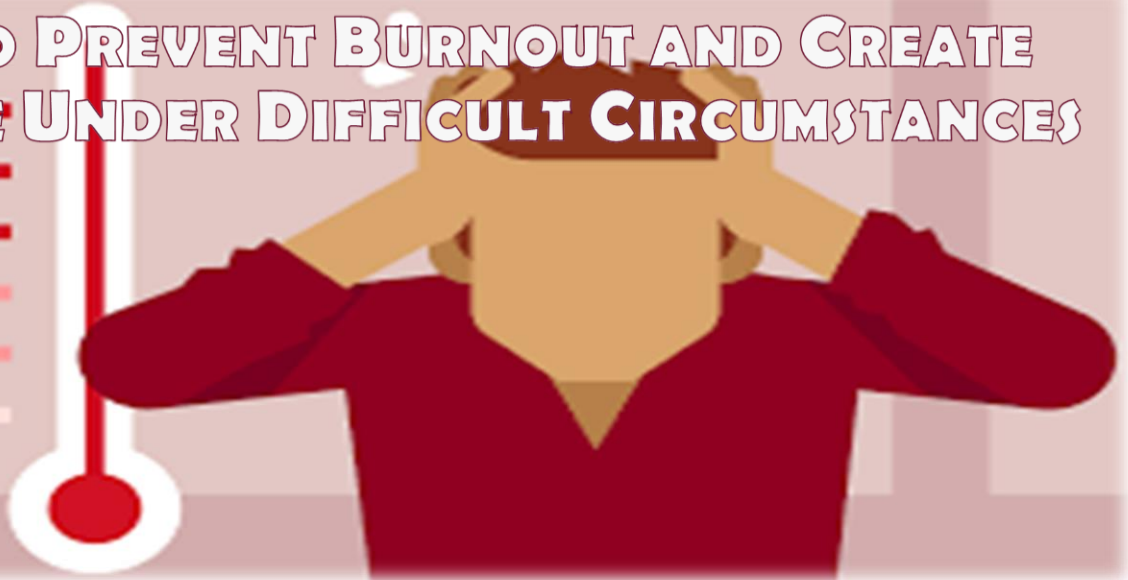


# HOW TO PREVENT BURNOUT AND CREATE BALANCE UNDER DIFFICULT CIRCUMSTANCES



## *A Webinar Presentation*

**Chris Petrik, RN, BS, CDP, CADDCT, Training Specialist**  
**Elderwerks Educational Services**

Join Chris to learn how to deal with the stress during a crisis by creating a sense of balance in your life. In this program, Chris will discuss the importance of self-care and share ideas that will help you become more resilient. Learn tips and techniques on how to care for others without causing yourself more internal stress.

**WEDNESDAY, JANUARY 27, 2021**

**12:00 PM to 1:00 PM ~ Live Webinar Presentation**

## **All are Welcome!**

For **\$5.00\*** –**CE Credit** will be awarded to Illinois nurses, social workers, professional counselors, and nursing home administrators. Payment may be made at registration. To pay by check, please make checks payable to Elderwerks Educational Services, a 501C3 not-for-profit corporation and mail to 251 E. Northwest Hwy, Palatine, IL 60067.

**\*NO FEE** for Consumers/Community Members and those not needing CE credit or certificate.

Please join us for this important topic!  
Reservations are required.

*Elderwerks*

**847-462-0885**

**[Events@Elderwerks.org](mailto:Events@Elderwerks.org)**

Webinar access information will be emailed after registration and prior to the date of the event.



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