

JOIN US FOR

# DINNER & A COMPLIMENTARY CEU WORKSHOP



BRATTON

ESTATE & ELDER CARE ATTORNEYS



NEW STANDARD  
Senior Living  
at Hammonton



BAYADA®  
SENIOR LIVING SOLUTIONS



SEPT 28TH  
5:00-6:30PM

Joe Italiano's Maplewood  
470 S White Horse Pike,  
Hammonton, NJ

## BOUNDARIES & BURNOUT: STRATEGIES FOR MAINTAINING SELF

*In today's fast-paced, high-demand world, it's become hard to separate work and home. In addition, COVID has further blurred those lines causing us to be even more susceptible to burnout. Burnout impacts every part of our physical, social, and psychological self and can have dramatic effects. This course investigates the stages of burnout, how to prevent burnout, and stress management strategies to implement to continue to be a high performer and more mindful in your daily living. The purpose of this course is to orient the participants to the ramifications of not taking care of themselves and to promote strategies for enhancing health and well-being as individuals while working as professionals.*



Anne Markel-Crozier  
BSW, CSW

1 CEU FOR SOCIAL  
WORKERS, CASE  
MANAGERS, CALA AND  
LNHA

RSVP TO TRISHA AT  
TKAYLOR@NEWSTANDARDSL.COM