

## **Carebridge Webinar** **Self-Care for Key Personnel in Critical Functions** **during Coronavirus Pandemic**



Employees on the front line of delivering healthcare, providing necessary retail, supplying transportation and deliveries, handling safety sensitive situations and many others, are at heightened levels of stress during a pandemic. This presentation will assist such employees in committing to self-care to promote resilience and decrease anxiety, depression, and burnout.

**Date/Time:**

Tuesday, April 7, 2020  
11:00-11:30 a.m. EST

**Click to Register:**

[https://carebridge.zoom.us/webinar/register/WN\\_vzwnMA39QI6mvFAWmrKZ2Q](https://carebridge.zoom.us/webinar/register/WN_vzwnMA39QI6mvFAWmrKZ2Q)

**System Compatibility Check:**

<https://www.zoom.us/test>

Contact Carebridge at **800.437.0911** or visit **[www.myliferesource.com](http://www.myliferesource.com)** for more information!

