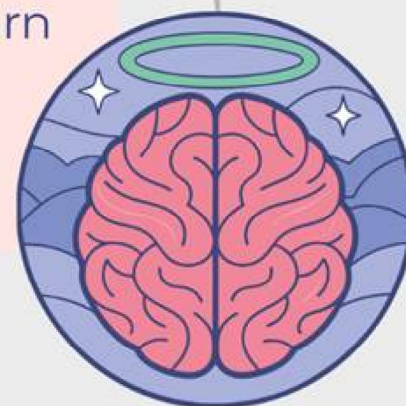


VA VITAL Program

Fighting Burnout & Navigating Life Challenges



Dr. Katherine Jazyk-Larson, Licensed Clinical Psychologist from the VA invites you to learn about signs of burnout and when life feels like too much! Learn how positive coping skills could help you find balance.



Why Attend?

- Reduce burnout and fatigue
- Improve decision-making
- Increase productivity and focus
- Strengthen team cohesion

What You'll Experience:

- Positive Coping Skills
- Mindfulness Practice
- Simple tools
- Setting Boundaries



Date: Tuesday, April 7th
Location: Miller Room
Time: 2:30 to 3:30 p.m.

SNACKS PROVIDED