



BlueCross BlueShield
of New Mexico



UNDERSTANDING BURNOUT

Date: Wednesday, May 20

Time: 8:30 a.m.

Register Here:

* Only 15 Minutes



Date: Wednesday, May 20

Time: 3:45 p.m.

Register Here:

* Only 15 Minutes



We will learn about:

- What is burnout?
- Causes and risk factors
- Symptoms of burnout
- Tips for prevention and lifestyle improvement