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

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