



**PDR credit
available!**

RESET, REFUEL, RECHARGE

March 9, 2023 | 6:30-8:00pm

UA- Pulaski Technical College

B Building, Room 108

Are you feeling stressed or overwhelmed? Looking for ways to increase staff well-being and decrease burnout?

This is a fun, interactive session where we will look at our current stress levels and identify small, manageable action steps to start improving our overall well-being right away!

