

RECHARGE FROM PANDEMIC EXHAUSTION

Join our bite-sized, evidence-based, well-being essentials series!

Open to every healthcare worker (clinical and non-clinical) on behalf of the Duke Center for Healthcare Safety and Quality.

Why? *Emotional exhaustion has never been higher in healthcare*

Bite-sized strategies can significantly enhance your well-being, and through sharing, the well-being of your co-workers.

The 4 hours include our most popular well-being strategies on cultivating work-life balance, gratitude, self-compassion, and awe.

Give yourself 4 hours of well-being, or even better, do it with a friend.

To enroll:

bit.ly/wellbduke

or scan the QR code



OCTOBER

10-13

12 - 1 PM

4 VIRTUAL SESSIONS

Recordings available October 14th

Up to 11 total hours of CME/ANCC credit available through additional recordings.

