



**Please Join Us in Celebrating Good Health!**

# **EXTINGUISHING BURNOUT**

A Stress Management Video

**Attend this session and learn...**

- What is burnout and what causes burnout to occur
- Seasonal superfoods to improve immune function
- Strategies for managing burnout and its symptoms

**[CLICK HERE TO WATCH](#)**



**MASSACHUSETTS**

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101 Huntington Avenue, Suite 1300, Boston, MA 02199-7611 | 1-800-262-BLUE (2583)