

SAINT LEO STAFF AND FACULTY!

BEHAVIORAL HEALTH COURSES

If you are feeling stressed or experiencing burnout, please tune into our seminar or attend one of our courses through our Employee Assistance Program.



**Aetna Resources
For LivingSM**



DEALING WITH BURNOUT

August 23rd

Boardrooms (SCC) at 12:30pm

Virtual at 4:00pm

Use the links below to register for
virtual session:



[Click Here to Register](#)



STRESS MANAGEMENT

August 24th

Boardrooms (SCC) at 12:30pm

Virtual at 2:00pm

Use the links below to register for
virtual session:



[Click Here to Register](#)

**IN PERSON OR ONLINE WE WOULD
LOVE FOR YOU TO JOIN US!**

[To find more help check out
www.resourcesforliving.com](http://www.resourcesforliving.com)

Username: icuba
Password: 8773985816