



LIVE WEBINAR WITH TOTAL BRAIN

Strategies To Combat End-of-Year Burnout

THURSDAY, OCT 10 | 12:30 PM EST

Extreme and unrelenting pressure can lead to what's commonly known as burnout. While rest and relaxation can ease exhaustion, they don't fully address the root cause. Burnout is a challenging experience. However, the good news is that Burnout can often be avoided or remedied if you're already suffering from its effects. Join Total Brain to learn simple steps that can help you prevent and recover from this challenging experience.

Attendees will receive a 3-step burnout prevention and recovery routine.

[Register today](#)

In this webinar, you'll learn:

- ✓ The benefits of the Total Brain platform designed to help you manage stress that can lead to burnout.
- ✓ How to recognize the signs of burnout, vs. anxiety and stress.
- ✓ A three step process to help you recover and prevent burnout.

Attendees will learn how they can have their name entered to win a FitBit during the Month of October



There will be Twenty-five lucky winners!

QUESTIONS? Email: Support@totalbrain.com