

# BALANCE OVER BURNOUT

## Feeling overwhelmed?

You're not alone. Join us for an interactive workshop where you'll gain practical tools to:

- Recognize the signs of stress and burnout
- Develop healthy coping strategies
- Prevent burnout before it takes over

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For adults 18+

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**May 17<sup>th</sup>**



**10AM - 12PM**



**\$25 per person**



**The Mindful Self**

**64541 Van Dyke Rd Suite 101B**

**Washington Twp, MI 48095**

**Scan to Register ↓**

✨ **Space is Limited** ✨



**Facilitated by Linda Alyashae**  
**Master Level Psychologist**