



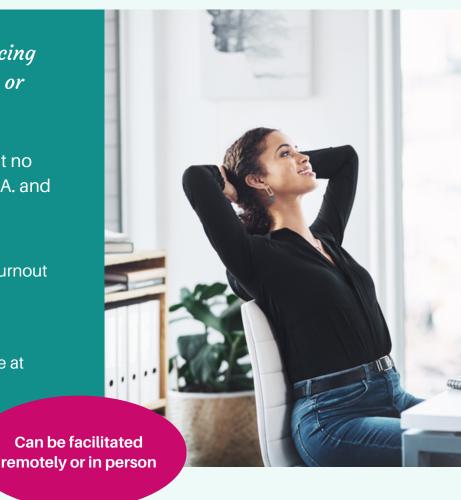
## From Chronic Stress to Consistent Self-Care

## 6-Week Employee Wellbeing Program for Health & Social Service Professionals

Are you or your team experiencing work-related stress, burnout, or compassion fatigue?

This interactive program is available at no cost to organizations serving South L.A. and includes the following modules:

- Work-Life Harmony
- Preventing Compassion Fatigue & Burnout
- Setting Healthy Boundaries
- Better Sleep
- Food & Mood
- Mindfulness & Emotional Intelligence at Work



For more information, contact: Luz Chacón luz@luzchacon.com 323.472.7927 This program is a collaboration between Worksite Wellness LA and Luz Chacón Wellness and funded by a grant from the Weingart Foundation