



# Boundaries Before Burnout

Learn self-care and how to set boundaries you can incorporate into your life right away.

## Boundaries Before Burnout

Thursday, September 24

1:30 p.m. - 2:30 p.m.

[Register Now](#)

Space is limited.

### Questions?

Member Services Has the Answers. Call 1-800-414-SHBP (7427).

