

2025 Wellness Webinar Series



Wednesday
December 17
Noon – 1:00 p.m.

The Heart of Caring: Managing Compassion Fatigue During the Holidays

Explore compassion fatigue and how to recognize and manage emotional exhaustion. This webinar will equip you with tools for building resilience and staying balanced in times of high stress, especially during the hectic holiday season.

PRESENTER: Mikaila Zapata, Program Manager, Health and Wellness



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