

Henry Ford Health System's Employee Resource Groups

Mission Statement: Our mission is to serve, educate and meet the needs of the diverse HFHS employees and serve the needs of the patients and the community at-large.



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Present

Self-Care in the Time of COVID-19

Join us for a discussion on *how to* address burnout and self-care. Our guest speaker, Dr. Anton Babushkin will cover topics including:

1. Finding time for yourself between work and family
2. Staying organized and getting things done during the pandemic
3. Dealing with financial and job stress
4. Pursuing your long-term goals



Guest Speaker:

Anton Babushkin, PhD

CEO of StartMyWellness.com

A Q&A session will be held following the presentation

DATE: THURSDAY, September 10th, 2020

TIME: 5:30-7 P.M.

LOCATION: WEBEX Meeting

COST: FREE

FRIENDS AND FAMILY ARE WELCOME TO JOIN!

Please **RSVP** via Webex:

<https://hfhs.webex.com/hfhs/onstage/g.php?MTID=e1c325faa96cfb5649087a7b6ec2ea6cd>