

5/6
NOON
IREB 230
LUNCH PROVIDED

**FEELING
BURNT OUT?**

**LET'S TALK
ABOUT IT.**

From Burnout to Balance: A Conversation with Bumble Bee Yoga

Join us for an event with Dr. Lori Atkins-Williamson, founder of Bumble Bee Yoga, as she discusses how mindful movement, trauma-informed care, and personal insights can prevent burnout, build resilience, and enhance mental wellness for healthcare students.

**RVP & submit your
questions on Engage** 