



COMBATING BURN OUT MANAGING HEALTH AND STRESS

Wednesday October 12th, Noon – 12:45 PM
Kontos 104 – 105

Join George Deeb, D.D.S., M.D., from the VCU School of Dentistry to **better understand the importance of self-care**. Dr. Deeb will lead attendees through experiential mindfulness exercises. All are welcome to attend.

Lunch will be provided for those who RSVP at <http://goo.gl/forms/oKfyLnU9eN>.

For more information email studentexp@vcu.edu.



Can't make it? Check out a recording of the session on our Youtube Channel.

Upcoming Success Seminars

November 9th

Back to School: Tips for the Adult Learner

Penelope McFarline

M.Ed., Office of Learning and Development

November 30th

Preparing for Private Practice: Steps for Getting Started

Dr. Joe Coombs,

VCU School of Business

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