



# Compassion Fatigue:

## *How To Avoid Letting Work Bring You Down.*

Healthcare and senior living professionals must deal with the differing expectations of clients, agencies, and partners as well as confront a variety of challenges that are specific to the senior population. This can lead to 'compassion fatigue' or what we used to call 'burnout.' But, there are ways to minimize this feeling.

Join us as Adrian Altolley, a Long-Term Care consultant with Longtree & Associates, presents *Compassion Fatigue*. This three-hour continuing education (CE) course will teach professionals how to identify fatigue and provide strategies for addressing this emotion as health care providers.

**Dinner will be offered during the presentation, so RSVPs are required. To reserve your spot, please register at [Applewood.com/compassion-fatigue](http://Applewood.com/compassion-fatigue).**

COVID UPDATE: Upon arrival, all attendees must provide verification via card that they have received the COVID vaccine and booster.



Scan QR code to RSVP.

A Free CE Event for Social Workers, Nurses and Other Healthcare Professionals  
Get your credits before September!

**Dinner, Drinks and Door Prizes**  
**July 13, 2022**  
**4:30-7:30 pm**  
at Applewood  
One Applewood Drive  
Freehold, NJ 07728  
[www.Applewood.com](http://www.Applewood.com)

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