



Take care of you.



## Feeling burnout or added stress from COVID-19 at work? We're here to help!

### FREE Resources for Montana Public Health Professionals

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#### Self-Care Breaks

Weekly online breaks for fitness, mental health, meditation and nutrition.

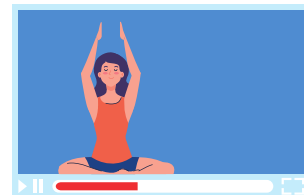
[Click to register »](#)



#### Health Coaching

One-on-one sessions or health coaching with any of our professionals.

[Click to sign up »](#)



#### Wellness On Demand

Wellness videos and resources on demand for you to use when it fits your schedule.

[Click to access »](#)



Montana  
Public Health  
Training Center

Wellness Program

Learn more:

[mtpublictrainingcenter.org](https://mtpublictrainingcenter.org)