



SANTA BARBARA, LOMPOC

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*for your good health*



# **FINDING WORK-LIFE BALANCE: Strategies for You and Your Institutions**

As a member of the Medical Library Association, the Health Resource Center at Sansum Clinic is pleased to offer this free national web cast. Take advantage of this educational event!

The goal of this program is to identify ways to enhance the balance between work and life, provide an overview of the institutional, professional and personal benefits of encouraging balance and outline considerations for implementing successful changes.

- describe the types of programs and changes that enhance work-life balance
- assess the potential benefits of promoting work-life balance for the individual, the institution, the profession and society
- outline the challenges and companion strategies for implementing successful change
- recognize responsibilities of the institution and the individual to enhance work-life balance

Wednesday, March 25th, 2009  
10:45 am – 1:00 pm  
Sansum Clinic  
215 Pesetas Lane, 3<sup>rd</sup> Floor  
Free of Charge. Bring Brown Bag lunch.  
**Call Dawn O'Bar to reserve a space:  
805-681-7672**

Co-sponsors:  
Medical Library Association  
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MLA CE Contact Hours: 2