

# **New Program Launching to Help Healthcare Workers**

## **Manage Burnout in Columbus**

**Columbus, OH** - Healthcare workers in Columbus can now join a new six-week program designed to address burnout and improve well-being. The program, called “*Vital Care: Supporting Healthcare Worker Wellness*,” aims to provide tools and support for medical professionals dealing with stress, fatigue, and emotional exhaustion on the job.

Burnout has become a serious problem in healthcare, especially after the COVID-19 pandemic put extra pressure on workers. This program is for healthcare employees in hospitals, clinics, and medical offices who want to learn practical ways to reduce stress and build resilience.

The program starts **on September 8, 2025**, with sessions every Tuesday from 1:00 PM to 4:00 PM at the Columbus Community Wellness Center (123 Wellness Drive). For those who can't attend in person, there will be an option to join online via Zoom.

Each week, participants will take part in workshops about stress relief, self-care, sleep health, nutrition, and mindfulness. The program also offers peer support and guidance on creating lasting healthy habits.

Registration is open now. The program is limited to 20 participants. To sign up or get more info, please call (555) 123-4567 or email **[burnoutsupport@vitalcare.org](mailto:burnoutsupport@vitalcare.org)**.

This initiative recognizes the emotional and physical toll healthcare professionals face daily and aims to give them tools to manage stress, recharge, and feel supported. By addressing burnout directly, the program helps ensure that those who care for others are also cared for themselves.

For media questions or more details, please get in touch with Oliwia Kilon at **[burnoutsupport@vitalcare.org](mailto:burnoutsupport@vitalcare.org)** or (555) 123-4567.