

YWCA and WRC *Hot Topics Dialogues* Present:

# AVOIDING BURNOUT

Sustainable Self-Care for  
Activists and Advocates

## Featured Panelists:

**Suzanne Linder**

Books 2 Prisoners Project  
University High School

**Brian Dolinar**

C-U Citizens for Peace and  
Justice

**Samuel Smith**

Krannert Center



**Monday April 25th**

**Women's  
Resources Center**  
(703 S. Wright St. 2nd Floor)

**7pm-9pm**

Vegan/vegetarian  
refreshments  
will be served!



Come listen as we explore how to avoid burn-out.  
A great discussion for all activists and advocates!