



MIIA Professional Development Training

Driver Fatigue Management and Emotional Wellness

Date:

February 29, 2016

Time:

10:00am-11:30am

Presenter:

Sharon Kozuch, LMHC

Location:

Highway Department
88 South Acton Rd
Stow, MA 01775

Contact:

Justine St. John
978-897-8071
highway3@stow-ma.gov

It's no secret that Americans are sleep-deprived, and this is a particular problem for those who drive for a living. This workshop explores the challenges of managing driver fatigue among municipal workers, with emphasis on the DPW employees who were up throughout the night last winter, keeping our roads safe. In this seminar, we will look at the warning signs of driving fatigue, offer strategies for staying alert, and discuss broader lifestyle tips for managing stress, wellness, and safety.

Presented by your Employee Assistance Program, offered through AllOne Health

1.800.451.18