



LIGHT

View the LIGHT Program Videos

LIGHT Program video and audio resources cover a variety of topics such as burnout prevention strategies and relaxation techniques.

Having trouble viewing videos on the LIGHT website? Try these options:

**From your mobile phone/personal device
at work or home**

<https://www.avera.org/health-care-professionals/light-provider-wellness-program/light-videos/>

From your office computer on the Avera network

<http://knowledgenet/light-videos>