



Why Engineers Burn Out (And How to Prevent It!)

March 25th, 2026 | 11am-12pm EST

Reaching for that 3pm coffee? Struggling to focus on a single task? Running to the bathroom before a client presentation? You're not alone.

Many engineers are high performers on the outside, but underneath are dealing with chronic stress, fatigue, and burnout - often without realizing how deeply it's affecting their health and performance. In today's high-pressure, fast-paced work environment, it's easy to push through and put health on the back burner.

In this interactive workshop, Christina will guide participants through a self-discovery process to better understand their stress response, signs of burnout and connecting those signs to what's happening in the body.

Attendees will learn how supporting their health improves focus, energy, resilience, and performance, and will leave with practical action steps they can implement immediately to reduce burnout risk and support sustainable success.

Speaker: Christina Kreamer, FDN-P



Christina Kreamer, FDN-P, is a functional health practitioner based in Philadelphia, PA. Through her virtual practice, CK Health, she works with clients all over the country who struggle with chronic gut and hormone conditions such as IBS, SIBO, and chronic fatigue. By combining insights from functional lab testing with clinical correlation, she helps clients find balance, resolve symptoms, and optimize their overall health.

Just a few years ago, Christina was a full-time mechanical engineer (PE) and active YEA member, so she deeply understands the drive, dedication, and challenges of engineering life. She is excited to share her passion for functional health with this awesome group!

Interested in learning more? Here's how you can reach Christina:

Instagram: @christinak.health **LinkedIn:** www.linkedin.com/company/christina-k-health/

Website: www.christinakhealth.com

Click Here to Register Today!