

LET'S LEARN ABOUT

Stress

Management and Coping Skills

Thursday, April 18th

1 P.M. - 2 P.M.

Urban Campus

Building 1 - Room 142

OR

Virtually via Zoom

Identify stress – what it feels like, where it comes from, how it affects us – and then explore easy strategies for managing stress and simple relaxation techniques.

To register for this event, please scan the QR Code:

