



Wellness Workshop: Managing Stress Plus Relaxation Techniques

Wednesday, March 26th, 12–1pm, 198 Building, Room 304

- Attendees earn 50 points towards the 150 point goal
- Feel free to bring your lunch
- Dessert & Drinks will be provided!!!
- Raffle will be held at the end of the workshop!!! (must be present to win)

Stress seems to be a constant companion in today's busy world. However, frequent or cumulative stress erodes emotional and physical health. In this workshop, different management strategies will be discussed. The workshop will finish with a relaxation exercise.