



Be Stressed Less

Date: Nov. 29th

Time: 12n-1pm

**Location: 200B,
(Downtown Campus)**



Did you know that experts estimate that 80% of all diseases may actually be stress-related? Here's your opportunity to learn how you can live and manage stress, without running from it. Techniques and skills to manage life's inevitable stressors and combating the effects of stress will be addressed.

Light refreshments will be provided.

Please join us !