

STRESS MANAGEMENT WORKSHOP

FREE – ALL HRE STUDENTS INVITED



385-321-5356



mh1.utah.edu

Feeling stressed, overwhelmed, anxious? Join us for an interactive workshop to learn valuable stress management techniques.

Learn to recognize signs. Identify stressors. Develop skills and an effective plan to achieve your goals.

DATE

Monday Nov. 8

TIME

7:30 – 8:30pm

PLACE

Kahlert Rm 1135

PRESENTED BY

MH1