Master Stress Management

Do you feel stressed out? Feel anxious or overwhelmed? Frustrated or exhausted? If your answer is yes, come join us in a weekly class to learn new strategies to better manage your stress!



Managing your stress WELL can improve your overall happiness - including your grades, your friendships, and your health!

Free and open to ALL students!

Each week we will explore different holistic techniques that will help you to feel BETTER!

Drop in for any or all sessions.

Every Friday, starting on February 15, 1:30-2:25pm

Reilley Room - 2/15, 3/15, 3/22, 4/5

<u>Drescher Community Room</u> - 2/22 & 4/12

For more information contact Sarah: 445-4195 or spiegesf@lemoyne.edu







