Introduction to Stress Management

This presentation provides an introductory overview of stress management techniques that can be used in daily life. Participants will practice specific stress management techniques in the class and will be encouraged to select some of these techniques for active implementation in their personal and professional lives. The format is informal, practical and interactive.

Date: Tuesday, January 31, 2017
Where: WSW Building Tuscola Room
Time: 11 am—1 pm
To Register: go to umflint.edu/hr/professional-development

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