Words for Wellness

Stress: A Two Sided Coin

Presented by James Bixler, Psy.D.

May 2 | Noon - 12:30 p.m. | RSC, rm 142

- light refreshments provided, open to campus

Work, bills, school, relationships. All of these things can stress us out. Stress is something we all deal with. Perhaps there are some new ways to look at stress and deal with it more effectively. Come and hear an alternative view of stress and stress management.