

# Managing Stress & Anxiety

Two 2-day Sessions

February 13th & 27th or April 9th & 23rd  
3 – 4 p.m.

@ Student Health Services

Join in this two-part workshop series for helping you better navigate symptoms of stress and anxiety.

You will learn tools for gently challenging and shifting anxious thoughts and bio-hacks for reducing stress and anxiety symptoms.

Participation is strongly encouraged but personal disclosure is not required.

For questions, contact Student Health Services at 562-860-2451, ext. 2321

