

Living Well With

Managing Stress

Are you feeling stressed out? Come by and learn about stress management techniques that can help you relax! **Sponsored by the LIU Department of Human Resources and the Social Work Department, LIU Brooklyn.**

- ▲ **When: Tuesday, January 29, 2013**
- ▲ **Time: 1 p.m. - 2 p.m.**
- ▲ **Where: Wellness, Recreation and Athletic Center, Buck Lai Conference Room**

Please email **Chrissy McGlynn** at chrissy.mcglynn@liu.edu to register.

Completion of this seminar will satisfy the "Mental Health Component" of the Report Card Program.

