RESILIENCY TRAINING: 
DECREASE YOUR STRESS

Provides foundational tools, skills, and practices for students to integrate in their lives to increase resiliency to stress and any changes in their environment.

Participants will increase their wellness toolkit by strengthening their ability to deal with change, handle daily stress and be more present, focused, and productive.

Wednesdays | 1:00 p.m. - 2:15 p.m. | room 1-301

1st session - August 31
2nd session - September 7
3rd session - September 14
4th session - September 21

Register Now