WELLNESS WORKSHOP: SUCCESS OVER STRESS

February 07, 2018
This presentation touches on stress topics which enable you to pinpoint key stressors in your life and learn to cope in healthy ways. Designed to be interactive and filled with discussion, you will have the opportunity to talk about how stress affects your life and ways you want to work to reduce stress's negative impacts.

WILL EVANS
Assistant Director Health and Wellness Co-Rec
Register Today at:
https://ias.itap.purdue.edu/rgs/wgb_workshop disp_online_workshop