

Stress Resilience Workshop

Monday, November 3rd
7:30-8:30pm

LOCATION: Honors Etscorn Classroom
1st Floor of Threlkeld

Food will be Provided

Identify personal stressors and your physiological responses to stress. Learn and practice a variety of strategies to build resilience and live off balance on purpose. It is possible to be a more resilient and less-stressed student!

For more information:

louisville.edu/healthpromotion



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