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

LOCATION: Honors Etscorn Classroom

1st Floor of Threlkeld

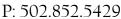
Food will be Provided

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 lessstressed student!

For more information: louisville.edu/healthpromotion



Between the SAC and Houchens



louisville.edu/healthpromotion



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