

CAPS' Stress and Coping Workshop Series

TUESDAYS JANUARY 26TH- FEBRUARY 23RD 1-2 PM

JANUARY 26TH-
"STRESS LESS WITH HEALTHY
HABITS"

FEBRUARY 2ND -
"SELF-EMPATHY: LEARNING
TO BE KIND TO YOURSELF"

FEBRUARY 9TH -
"WORK-LIFE BALANCE: HOW
TO GET THERE"

FEBRUARY 16TH -
"BIOFEEDBACK FOR STRESS
MANAGEMENT"

FEBRUARY 23RD -
"HOW TO REDUCE STRESS
FROM "I SHOULD..."

**JOIN US ON ZOOM:
MEETING ID: 913 4883 4145
PASSWORD: 444668**

