Stress & Anxiety Workshop

Mondays, Jan. 22 - Apr. 16*
12:30-1:30pm
Science Learning Center 345
*No session March 12

For more information:
706.542.2273
www.uhs.uga.edu

Each week we cover one of these topics:
• Understanding anxiety
• Calming your body
• Calming your mind
• Creating a lifestyle for managing stress

FREE and open to all UGA students.
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