Stress & Anxiety Workshop

Mondays, Sept. 11 - Dec. 4*
12:30-1:30pm
Science Learning Center 145
Drop-in class, hosted by CAPS
*No session Nov. 20

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.
#BeWellUGA