



Managing Stress to Protect Your Health

When: Thursday, June 8, 2017

Time: 10:00 a.m. – 11:00 a.m.

Where: BCB, Room 114 or tune-in via WebEx

In-person and WebEx register here:

<https://borusg.webex.com/borusg/onstage/g.php?MTID=ee10fc20c11eeb1359b3f4a02287d65bf>

Modern-day stress: Life asks a lot of us – spouses, jobs, friends, kids, pets and more – it all adds up and sometimes it's more than we can handle. That's when stress kicks in.

Join us as we discuss what stress is, how it affects us physically as well as emotionally and then practically tips on how to manage everyday stress in your life.



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