

# Unwind and Thrive: Mastering Stress Management for Your Health!

Life's demands can often lead to stress and overwhelm, affecting our overall well-being and health. If you're looking to regain control and lead a more balanced, fulfilling existence, our stress management workshop is just for you. Join us as we delve into proven strategies and techniques to effectively manage stress, cultivate resilience, and pave the way for a healthier, more relaxed lifestyle.

Tuesday, 12/5 @ 11:30AM – 12:30PM  
@ Student Health Center Conference Room

To register, [click here](#) or  
scan QR Code!



**STUDENT  
HEALTH  
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For more information or for accessibility-related questions,  
please contact SHS at 310-660-3643.

