Breaking up with Stress, for a Healthier You!

Is stress controlling you? Come join us and we will help you to identify the strategies to help reduce stress.

Register: bit.ly/MCSTRESSFREE

- Defining stress
- Identifying signs of stress
- Negative & positive coping mechanisms
- Coping & stress reduction strategies
- Everyday tips for better health
- Q & A

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If you need any accommodations based on a disability, please contact Kimberly.jones@montgomerycollege.edu at least prior 2 weeks to the event.