

Get Ready to Relax for Finals!



Thursday, April 18th

12:00 p.m. – 12:50 p.m.

Career/Transfer Center

Room: 7115 NC HEC

Come to a Stress Management Workshop

Presented by: Dr. Frederic Santos, Clinical Psychologist

- * Learn to recognize the signs of stress.
- * Learn techniques to relieve stress.

To sign-up, please call (619) 216-6665, ext. 4851 or stop by the Student Services office.