

Stress Management Workshop



Thursday, October 6th
3:30 - 4:00 PM

SALT Center - Room 120

Snacks will be provided -
Let your Specialist know
you would like to attend!

Stressed about an
increased workload,
new responsibilities,
or just life?

Hear from the SALT
Center Peer Mentors
and Dr. Samaniego
about what they do to
relieve stress and
personal tips!