Workshops are free and open to employees of Emory University and Emory Healthcare. Pre-registration is required. You may register for one or all of the workshops.

**Stress is Here to Stay...Embrace It! (Online Webinar)**
April 28, 2015, 1:00 pm-1:45 pm

**Biofeedback for Stress Management**
Choose either:
Session 1: May 7, 2015, 1:00 pm-2:15 pm or Session 2: May 7, 2015, 3:30 pm-4:45 pm

Location: 1762 Clifton Building, FSAP Conference Room, Suite 1100

**Stress Less with Healthy Nutrition Habits (Online Webinar)**
June 3, 2015, 12:00 pm - 12:45 pm

For more information and to register, go to [www.fsap.emory.edu/education/stress-series.html](http://www.fsap.emory.edu/education/stress-series.html). If you can’t attend one or all of the workshops, check out our stress management resources!