

# Success with Stress

## A Stress Management Workshop Series



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*