

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 and you may attend one or all of the workshops. Workshops listed below are held from 12 pm to 1 pm in the School of Medicine, Room 190P unless otherwise noted.

Stress is Here to Stay...Embrace It! - October 7, 2014

Stress Management from Head to Toe - October 14, 2014

Bouncing Forward: The Art of Resilience - October 21, 2014

Biofeedback for Stress Management - October 28, 2014

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

Self-Compassion: The Art of Loving You - November 4, 2014

Sleepless in Atlanta - November 11, 2014

The Gift of Gratitude - November 18, 2014