



Lillis, Nicole

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**Managing Cumulative Stress Seminar**

Unfortunately, stress is inevitable. Whether it comes from personal or professional experiences, it makes getting through the day difficult. Exposure to persistent and repetitive stressful events can present special challenges to morale, attitude and performance. However, there are healthy ways to deal with stress—and Strong4Life will share some of them during the first Stress Seminar.

Experts in stress management will explain how to deal with everyday stressors and combat them. The presentation takes an in-depth look at repetitive stress and teaches participants how to take care of themselves when facing enduring stressful events at work.

Strong4Life will host the seminar at the following campuses:

**The Park:** Thursday, Jan. 31, 11:30 a.m., Strong4Life Room

**Egleston:** Thursday, Jan. 31, 1 p.m., Classroom 6

**Scottish Rite:** Tuesday, Jan. 29, 1 p.m., Strong4Life Room

**Hughes Spalding:** Wednesday, Jan. 30, noon, Strong4Life Room

