

## HEALTH & WELLNESS WORKSHOP

*Sponsored by Counseling & Psychological Services*

# 10 TIPS FOR BETTER STRESS MANAGEMENT

*Attend this workshop to  
learn and practice 10 tips  
to de-stress your world!*

**FREE PIZZA!**

**Mon, Nov 25th  
4 - 5 PM  
SMSU 217/218**

Rachel Keener, PsyD,  
CAPS Therapist



*For disability-related accommodations, please contact Counseling and  
Psychological Services three working days in advance at  
(909) 537-5040 or [psychcounseling@csusb.edu](mailto:psychcounseling@csusb.edu)*