

Living Well With Stress

Stress can be triggered by many sources. When workplace stress and stresses outside of work are combined, stress can turn into a major mental or physical health concern. This session will teach participants how to effectively manage stress for optimal health and well-being.

To register: wellness@smu.ca
Please bring your lunch with you.



DATE: October 24, 2018

TIME: 12:00– 1:00PM

LOCATION: MM320

