

Stress Management Lunch with LAUC-I

Are you feeling STRESSED?!?! Is everything due the day before yesterday? Do you ever spend more hours in a day in meetings than sleeping? Would you like to learn some new coping strategies?

Please join the LAUC-I Program Committee for another Lunch with LAUC next Wednesday, December 10, 2003 in Langson 460 from noon to 1. A member of the Faculty and Staff Assistance Program will conduct a Stress Management Workshop in which participants will learn and share stress reduction tips. The leader hopes the discussion will expand from there, depending on the questions and comments we have.

The Program Committee: Rina, Ryan, Roumiana, and Jennifer

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Jennifer Jacobs, University Archivist

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