

**Reduce Stress
Reduce Stress
Reduce Stress
Reduce Stress
Reduce Stress
Reduce Stress
Reduce Stress**

**Come to the Counseling Center's
Stress Management Group**

**Learn and practice stress management
techniques**

**Thursdays 3:00 – 4:00 PM
Beginning 9/24/09**

- ❖ **Come as often as you like**
- ❖ **No registration required**

**Counseling Center
1810 Rocket Hall**

If you have any questions call 419-530-2426

