

STRESS MANAGEMENT WORKSHOP



HIGHER EDUCATION CENTER NATIONAL CITY

880 National City Boulevard

APRIL 3, 2014

12:00 p.m. – 1:00 p.m.

2nd Floor, Room 7201B

Presenter: Margaret Daynes, LMFT

Contact Person is Virginia Castillo
at 619-421-6700 x4853

**This workshop will cover the
following:**

What is Stress?

What are your Triggers?

*How Stress Affects your
Body and Mind.*

*Tips to help you Manage your
Stress.*



This workshop is open to students only.