

Live More, Stress Less!

Stop stressing, Let go, and Move forward with Biofeedback!

An interactive workshop series in which students can learn about stress and incorporate creative stress management techniques into their daily lives.

Workshop Series 1: Week 4 – Week 6

Day & Time: Wednesdays, 10:30-11:30am

Workshop Series 2: Week 7 – Week 9

Day & Time: Wednesdays, 3:00-4:00pm

To reserve your spot today, please contact :

Meg Stein, Psy.D.

(858) 534-9179

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This meeting is not professional counseling. If you would like professional counseling or mental health treatment, please call the CAPS central office at (858) 534-3755 to arrange an appointment.