BREATHE ME: A STRESS MANAGEMENT WORKSHOP

Feeling stressed?
Learn the signs of anxiety and some fast, effective techniques for managing anxiety and stress. This is a one hour, twice offered, workshop led by Dr. Rosa B. Ament, Director of Counseling Services.

Monday April 24th & Friday April 28th

During Common Hour: 12:10 - 1:10PM

Registration is LIMITED, sign up TODAY!

COUNSELING SERVICES
Administration Building, 2nd Floor

www.pace.edu/counseling
914-773-3710