Mastering Joy

An 8-Week Stress Management Program

Join us in this eight-week challenge to learn about joy, stress, and the effects on the body. In this interactive, hands-on program, you'll get the tools you need to help reduce and manage your stress. The program will consist of five talks and three activities (one talk or activity every Thursday). Talks will focus on finding joy, unpacking stress, breathing and mindfulness, self-care activities like massage and acupuncture, and the importance of movement for the body. The activities will be designed to help you practice what you learn in class and build your stress management skills. Participants are encouraged to attend all eight weeks, but it is not required.

Dates: Every Thursday from October 1 – November 19, 2015
Time: 12:00 – 1:00pm
Location: Raynor Memorial Library, Beaumier Suites A & C

Register Online