



The Office of Well-Being in partnership with the Commonwealth Medicine Cultural Diversity Committee invites you to a virtual presentation by CWM Psychologist, Dr. Philip Quinn.

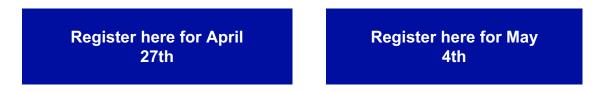
## "Stress Management: A Guide to Reduce Stress and Build Resilience"

This two-part series will address emotional and mental well-being within the six dimensions of wellness. Dr. Quinn will discuss the stress response, stress management techniques, and the opportunity for participants to practice coping strategies including mindfulness.

We encourage you to attend both sessions to receive the full benefit of reducing stress and building resiliency in your life.

- Session 1: Tuesday, April 27<sup>th</sup> at 12:00 1:00 PM will focus on **Reducing Stress**.
- Session 2: Tuesday, May 4<sup>th</sup> at 12:00 1:00 PM will focus on **Building Resilience**.

Please register for the two-part series through the links provided. Please note, you must register for each session separately.



We look forward to seeing you on April 27 <sup>th</sup> and May 4<sup>th</sup>.