

Please join us for a Wellness@Work Lunch-and-Learn!

STRESS MANAGEMENT 101

Wednesday, June 13

Noon to 12:45 p.m.

Public Works Conference
Room, Building 1



- Define and learn the different types of stress
- Identify sources of stress
- Review the impact of stress, both physically and emotionally
- Learn stress management strategies

Presenter: Doug Brigham, Licensed Clinical Social Worker



Lunch will be provided!

Please RSVP to Liska Lackey by 5 p.m. Monday, June 11,
at llackey@email.unc.edu or 919-968-2796.



wellness @ work
UNC HEALTH CARE | FAMILY MEDICINE
TOWN OF CHAPEL HILL

