

Wellness@Work invites you to join the

Manage Stress Challenge

When?

Monday, January 13 through
Sunday, February 9

Why?

The New Year is a great time to practice and adopt a variety of strategies to reduce and manage stress.

How?

Each week we will spotlight different types of stress management. You are encouraged to try them out and keep a log of your experiences.

To be entered into drawings for prizes, all you need to do is sign up and submit a program evaluation at the end of the Challenge.

Special stress-management activities are planned throughout the month – for example, a yoga class, a Lunch & Learn on managing credit, and more.



Sign up now!

Contact Liska Lackey at llackey@email.unc.edu
or 919-968-2796

The Manage Stress Challenge is
brought to you by Wellness@Work



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UNC HEALTH CARE | FAMILY MEDICINE
TOWN OF CHAPEL HILL

