



WELLNESS WEDNESDAY

How to Manage Your Stress & Anxiety

Learn more about the impacts of stress and anxiety, and create a personal plan to improve your wellness.



Wednesday, October 14
11:30am - 12:30pm

Open to all CWRU, CIA, CIM and KSU Podiatry undergraduate, graduate and professional students

RSVP for Zoom Link:
<http://cglink.me/r845238>

Sponsors: Office of Multicultural Affairs &
University Health & Counseling Services