



Stress Less, Live Well

For UCR Academic and Staff employees

According to a new national survey released by the American Psychological Association (APA), stress continues to take a toll on people — contributing to health problems, poor relationships and lost productivity at work. While we recognize that stress has a negative impact on our health, we may lack the motivation and ability to make lifestyle and behavior changes to manage our stress. Come learn ways to restore harmony, relax, stress less and live well!

Date **Tuesday, July 14, 2009**

Time **12:30 p.m. — 1:30 p.m.**

Location **Bourns Hall A171**

Presented by **Michelle Buckman,**
Clinical Nurse Specialist,
Loma Linda University
Medical Center

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Healthy refreshments!

Raffle prizes for your attendance!