

SPONSORED BY THE CARLETON GRADUATE PEER SUPPORT PROGRAM

HOW TO MAKE THE BEST OF STRESS

1 IN 5 INITIATIVE

APRIL 15, 2021
3:30PM EST

CLICK LINK TO JOIN ZOOM MEETING

[HTTPS://US02WEB.ZOOM.US/J/86100952503](https://us02web.zoom.us/j/86100952503)
ZOOM ID: 86100952503

A Workshop on Identifying Signs of Stress &
Stress Management Strategies. Brought to you by GSA
Carleton and the 1 in 5 Initiative

