Stress Relief Workshop

Come and learn productive ways to relieve stress. By recognizing key stress factors and utilizing relaxation techniques, we can greatly improve our energy levels and positive outlook. The new Stress Relief Workshops offered by EOPS are designed to teach students how to decrease anxiety, improve focus, heighten concentration and enhance mindfulness. So, are you ready to recharge your mind and body to perform at your best? Let’s learn how to relax, meditate and boost our possibilities!

**When**: Every Thursday, starting January 28, 2016

**Time**: 3:00pm-3:30pm (Please arrive on time)

**Location**: Rancho Cucamonga Campus MACC-208.
On these dates: 2/18, 2/25, 3/24, 4/28 and 5/5 the workshop will be held in HS-133.

**Presenter**: EOPS/CARE Faculty Marlene Ramirez-Mooney

**Benefits Include:**
- Improved Academic Focus
- Less Anxiety
- Less Stress
- Deeper Relaxation

Brought to you by Chaffey College Extended Opportunities Programs & Services
Open to all EOPS students
For more information Call EOPS at (909)652-6349