

# DE-STRESS FOR SUCCESS

*hosted by the Office of Health Promotion*

## **Technology Traps: The Good, the Bad, and the Ugly**

Monday, January 29 from 5:30-6:30 p.m. in Bird Library 004

## **Sleep Well, Be Well**

Tuesday, March 6 from 5-6 p.m. in Hall of Languages 114

## **Fit to Flourish: Self Care 101**

Monday, April 9 from 5:30-6:30 p.m. in Bird Library 004

Tuesday, May 1 from 5-6 p.m. in Hall of Languages 114

## **Productivity Hacks: Time Management 101**

Thursday, February 15 from 5-6 p.m. in Hall of Languages 114

Wednesday, April 4 from 5:30-6:30 p.m. in Bird Library 004

## **Stress Less: Stress Management 101**

Monday, March 19 from 5:30-6:30 p.m. in Hall of Languages 214

Thursday, April 12 from 5-6 p.m. in Hall of Languages 114

Wednesday, April 18 from 5:30-6:30 p.m. in Bird Library 004

Tuesday, April 24 from 5-6 p.m. in Hall of Languages 114

**These free workshops are open to all students, no RSVP necessary.**

Questions, comments, or concerns? Need accommodations for a session?  
Find us at [healthpromotion.syr.edu](http://healthpromotion.syr.edu) or [healthpromotion@syr.edu](mailto:healthpromotion@syr.edu).

**Syracuse University**

Office of Health Promotion