

PSY 479-04 – One Credit Graded Course

New Course Offered!!!

"Stress Reduction for a Healthier Life"



LEARN TO:

- **Reduce Stress**
- **Promote Focus**
- **Improve Self Esteem**
- **Enhances Your Daily Life**

***Meets: Mondays 4-5P.M.
Multicultural Lounge, 2nd Floor***

Health Services
Education
(401) 874-5954
University of Rhode Island

