



SOUTHERN STATE
COMMUNITY COLLEGE

Stress, Anxiety, and You



Stressed out? Feeling Anxious? Learn how to recognize the signs of stress and anxiety and the harmful side effects they can have on your body and mind.

The tips and tricks you learn today can help not only you, but those around you combat stress and anxiety. Start enjoying your day again.

Date: Monday, December 16th, 2019

Time & Location: Session 1 – (Presentation) Learn to help yourself
Central Campus, Room 107 from 9:00am-10:00am

Session 2 – (Interactive Workshop) Learn to help students/others
Central Campus, Room 102 10:30am-Noon

Free Chair Massages will also be available

Time/Location: Central Campus, Room 105 from 11:00am-4:00pm.

****Chair massages must be scheduled ahead of time. Contact Crystal Howland at x2560 to schedule your appointment. We have a limited number of spots available so appointments are being scheduled on a first come, first serve basis.****



As this is a Wellness Event, it will count toward the 4 annual requirements to receive the SSCC Contribution to your Health Savings Account. Employees must attend either Session 1 or Session 2 to receive credit.