

STRESS REDUCTION THROUGH EXERCISE

Tuesday, November 1, 2011 • 12:15 to 1:15 pm
Campus Center Room 219/220

Presented by Scott Buss, Wellness and Human Performance faculty member, Mission College. This presentation is designed to educate the participant on how stress affects our bodies and how exercise can be a powerful intervention. Descriptions of potential stressors, alternative coping strategies, and the effects of exercise will be discussed. A short movement sequence will be included in addition to our discussion. **Please come prepared to MOVE!**

Employees and students are welcome! • It'll be fun! • It's free!
Get ready for the holidays and final exams!

For more information, contact Student Health Services, Room W1-303 or call 408.855.5142