



WELLNESS
AT TROCAIRE

**STRESS LESS
START THE SEMESTER OUT RIGHT**

**8 WEEK STRESS MANAGEMENT PROGRAM
STARTS 1/29/18-3/23/18**

YOU TRACK YOURSELF IN 4 AREAS:

- 1. SLEEP**
- 2. EXERCISE**
- 3. RELAX**
- 4. DEVELOP**

ALL STUDENTS & EMPLOYEES WELCOME!

**Each Participant will be given a
Program Guide**

& Self Tracking Sheet

-Get Weekly Email Tips

**-Get Resources at Tabeing Events and
in the Wellness Center**

**- Participate in various Campus Activities on topic areas
(open to everyone)**

**Turn your completed Tracking Sheet to the Wellness Center at
the end of 8 weeks and be entered to win a
Basket of Stress Less Prizes!**

**Sign up by 1/29/18 and get your name
entered to win a Gift Card!**

**To sign up/ or questions email :
WellnessCenter@Trocaire.edu**

**Sponsored by
The Wellness Committee**