



# Managing Stress & Anxiety

THURSDAY, March 26 • 7:00– 8:00 pm

**Are you feeling overwhelmed with life and looking for some relief?  
Would you like to know how to prevent stress overload?**

Laura Reinke will share strategies and techniques to help with stress and anxiety. Time will be taken to practice those techniques. Specific topics of discussion will include assertiveness, time management, self-care, and relaxation exercises.

## **WHERE?:**

Presentation will take place at Marquette University Campus  
Cudahy Hall (corner of Wisconsin and 13th Street) Room 114

## **QUESTIONS?:**

[www.tpog.net](http://www.tpog.net) | 414.963.2047 | [OFFICE@TPOG.NET](mailto:OFFICE@TPOG.NET)

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