

Stressed? Pressed for Time? Struggling to Keep Up?

Psychological & Counseling Services

*Presents
the*

NURTURE YOUR MIND, BODY & SOUL
Workshop Series

Time Management

Wednesday, October 4th 2:30-3:30pm
Blumenthal Hall, Room 101

Join us and learn how to avoid the
last minute madness that can make school
stressful

FOR MORE INFORMATION CALL: (973) 353-5805
www.counseling.newark.rutgers.edu

Coming Next! -**Test Taking Anxiety Workshop**- Wednesday, October 18th 2:30-3:30pm