



Student Wellness Workshop

Join Dr. González-Doupé for a discussion on key strategies for managing stress and finding your balance within the 'wave' of competing demands, interests and responsibilities.

Surfing the High Seas of Stress

Pilar González-Doupé, Psychologist
Student Health & Counseling Services
UC Davis

Monday, September 23, 2019
12:00-12:50 p.m.
Education Building, Room 2205

Lunch will be provided for the first 30 people