



Human Resources



The Office of Well-Being in partnership with the Commonwealth Medicine Cultural Diversity Committee invites you to a virtual presentation by CWM Psychologist, Dr. Philip Quinn.

“Stress Management: A Guide to Reduce Stress and Build Resilience”

This two-part series will address emotional and mental well-being within the six dimensions of wellness. Dr. Quinn will discuss the stress response, stress management techniques, and the opportunity for participants to practice coping strategies including mindfulness.

We encourage you to attend both sessions to receive the full benefit of reducing stress and building resiliency in your life.

- Session 1: Tuesday, April 27th at 12:00 - 1:00 PM will focus on **Reducing Stress**.
- Session 2: Tuesday, May 4th at 12:00 - 1:00 PM will focus on **Building Resilience**.

Please register for the two-part series through the links provided. Please note, you must register for each session separately.

**Register here for April
27th**

**Register here for May
4th**

We look forward to seeing you on April 27th and May 4th.