



NEWS

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STRESS MANAGEMENT 101 @ GCC

Deptford Twp. - Feeling like there are too many pressures and demands this holiday season? You're not alone. Everyone experiences stress at times— adults, teens, and even children. To help individuals better cope with the pressures of everyday life, GCC and Kennedy Health Systems are teaming up to present a free “Stress Management 101” seminar on **Tuesday, December 2**, at noon in the College Mini-Center.

This informative workshop will include tips on distinguishing the “good” stressors from the “bad,” as well as some different management strategies to try when feeling overwhelmed. The seminar is free and open to the public.

For more information, contact the Student Activities Office at 856-415-2236.

The GCC campus is located on Tanyard Road in Deptford Township, just off Exit 56 of Route 55. Free parking is available only a short walk from the College Center.