

**Monday to Wednesday | Dec. 12-14**

**10:30 a.m. to 1:30 p.m. | Atrium**

Overtime Sick No Time Tired  
Dread Health Headache Fear  
Time Management Bills Payments  
Stress No Sleep Stress Debt  
Insurance Anxiety Fear Work  
Savings Worry Job Retirement  
Overdue Late Nights Anxiety Expectations

# Stress Relief Week

**—Finals have you stressed out?**

Stop by the Atrium to receive a **stress pack, free chair massage, and stress relief tips!**

**For PSC Students Only  
ID Required**

Sponsored by Health Promotion Programming

For more information contact Darcelle Dieudonné at (708) 709-7988 or e-mail [ddieudonne@prairiestate.edu](mailto:ddieudonne@prairiestate.edu)