



**EVERGREEN
ASPIRE+PLUS**

Asian Pacific Islander Resources for Excellence +
Powerful Leadership and Learning for Unified Success



THINK HOPEFUL
Wellness Reimagined



**HEALTH &
WELLNESS SERVICES**

Stress Management Workshop

**TUESDAY, NOVEMBER
4TH**

**12:15–1:30 pm,
GULLO II**

About The Workshop:

College life comes with a unique set of pressures- academic demands, personal responsibilities, and the challenge of balancing it all.

Register Here



bit.ly/ManageStress2025



**Hosted by ASPIRE PLLUS,
Health and Wellness Services,
and ThinkHopeful**