

The Office of Human Resources

Invites you to a

LUNCH & LEARN Seminar

Mood Management: 5 Simple Steps to Improving Your Mood

presented by:

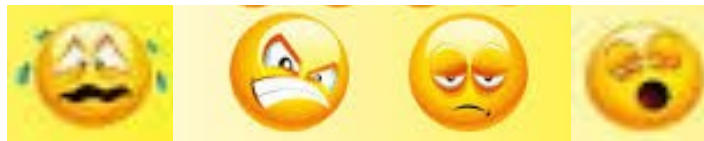
**WPU Graduate Students - Clinical Psychology
under the direction of Professor Jan Mohlman**

Where: University Commons Room 216

Date: May 4th and 5th, 2016 (*two part workshop*)

Time 12:00pm—1:00pm

Would you like to have better control over negative moods?



Would you like to feel more calm, balanced, satisfied and joyful?



Come join us to learn how to make slight changes to thoughts and behaviors, which results in better control over moods and less negative emotion in daily life.

Please RSVP via email to HUMANRESOURCES@wpunj.edu.
For questions, please contact us via email or call us at extension 2887



“Bring a Buddy & your Brown Bag”

