



FREE
TUESDAYS &
THURSDAYS
FEB 21 - MAR 9
12:30-1:45

ARE YOU FEELING STRESSED?

Dr. Nemeroff, WPU Professor and Licensed Clinical Psychologist,
is doing a research study on helping college students to cope with stress!

WPU students who are feeling stressed can
attend yoga classes and
get information about other techniques for reducing stress

FREE OF CHARGE!

INTERESTED?

**Contact Dr. Nemeroff at NemeroffR@wpunj.edu
for more information and to sign up for the study!**