



STRESS AT WORK

PRESENTED BY Gwendolyn Chappell, M.Ed. (Psy)
Registered Psychologist (Provisional) of G.J. Chappell Consulting

DIVE DEEPER INTO THE SEPTEMBER 9 LUNCH & LEARN.

Deep Dives are an up-close and personal opportunity allowing for deeper exploration of a topic discussed at a recent Lunch & Learn.

Enjoy further discussion on how to **recognize and reduce stress for yourself and others in the workplace.**

JOIN US IN PERSON

Tuesday, September 28

12:00 noon

Span Room

the Atrium | 111 Research Drive

Lunch and refreshments will be provided

This session is limited to 10 registrants.

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