

## **Stress Management - SO103**

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**Section:** SO103 001192S Newton

**Section Type:** Lecture

**Credit Hours:** 1.00

**Course Description:** Recognizing and alleviating stress. Identifying and gaining control of factors that contribute to how a person handles stressful situations.

**WHEN**

Days: F

Times: 09:00 AM - 12:00 PM

Start Date: 04/03/2020

End Date: 05/01/2020

**WHERE**

Campus: Newton

Building: Newton Axtell Center

Room: NWA219

**INSTRUCTOR**

KAREN SCHWIND

**BOOKS**

No textbooks for this course.