

Stress Management - SO103

Section: SO103 846261S Online

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 Start Date: 11/30/2026 End Date: 12/28/2026

Days:

Arranged

Arranged

INSTRUCTOR

DJ CHASTAIN

BOOKS

No textbooks for this course.