

*The Office of Diversity and Inclusion presents its
brown bag lunch series*

Diversity Dialogue

"What's In Your Stress Management Toolkit?"

- Join the Office of Diversity and Inclusion for its brown bag lunchtime discussion: "What's In Your Stress Management Toolkit?" on Thursday, October 23, 2014 from 12-1pm. Gretchen Renfro, LCSW, M.S.W., will facilitate this month's discussion.
- While stress is inevitable, too much stress can impede your work performance and create anxiety that spills over into your home life and leisure time. Licensed Clinical Social Worker, Gretchen Renfro, will help us identify the stressors in our lives and provide proactive ways to de-stress. We will leave with proven stress management techniques and creative relaxation tips that can be incorporated into our daily lives. These techniques will help us manage internal and external stress, improve work productivity, and allow us to feel more balanced.
- RSVP [here](#) or at 773. 834. 4017



More Information:

- > October 23, 2014 from 12:00pm-1:00pm
- > J-103
- > RSVP [here](#)
- > Fruits and Vegetables **WILL** be provided
- > **Diversity Dialogue** will be held every 4th Thursday of the month from 12:00pm-1:00pm.
- > Bring a friend to the conversation

If you have any questions or to RSVP, please contact: Sara

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