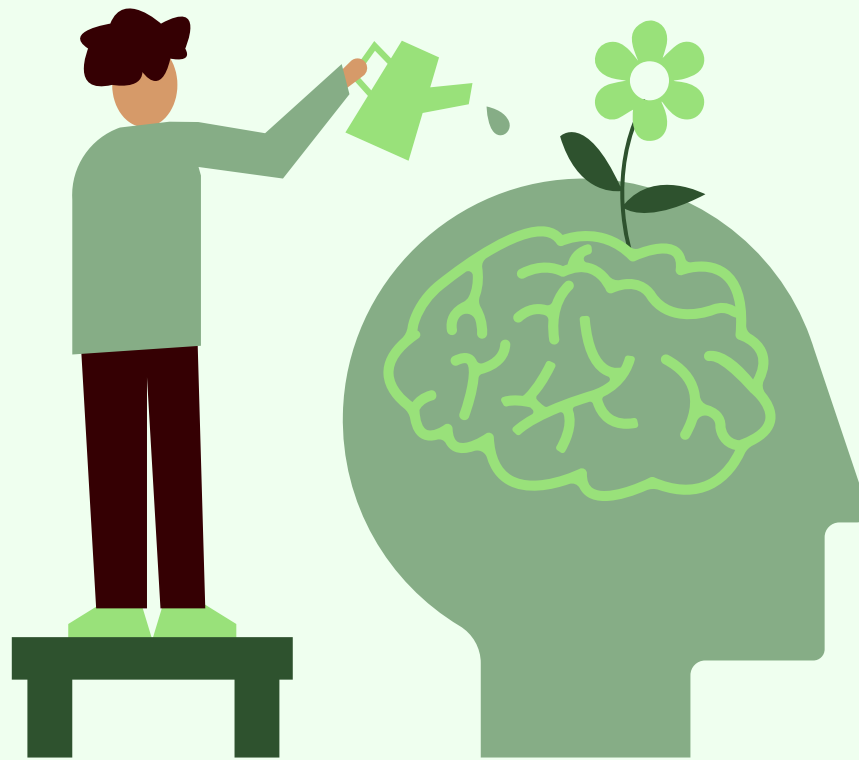


ACCESIBLE EDUCATION CENTER

STRESS MANAGEMENT WORKSHOP



Feeling stressed or anxious about school?

- Learn about the impact of stress and practical strategies for managing it, reducing test anxiety, and improving focus during exams.
- Hosted by AEC Graduate Interns

WEDNESDAY, APRIL 29, 2026
1:30PM TO 2:30PM

Center for Accessible Technology.
2nd floor of Martin Luther King Jr. Library