Techniques to Reduce Tension
A NURAP AT NOON EVENT

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Someday, the 21st century may be known as “The Tense Century.” On top of deadlines, errands, rush-hour traffic, and family obligations, we face endless concerning news in the media. How can we begin to deal with this tension? One effective way is to learn relaxation techniques. This interactive seminar teaches participants how to use these techniques to enhance health, mood, and well-being.

**Chicago**
Wednesday, October 26, 2016
Gray Seminar Room
Lurie—303 E. Chicago
Noon—1:00 PM

**Evanston**
Friday, October 21, 2016
1018 Wildcat Room, Norris Univ. Center
1999 Campus Drive
Noon—1:00 PM

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