



*fostering professional excellence*

## 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  
101B Wildcat Room, Norris Univ. Center  
1999 Campus Drive  
Noon—1:00 PM

Northwestern University Research Administration Professionals  
<http://research.northwestern.edu/nurap>