Participants learn to define stress and discuss best practices for managing stress and examples of stress management tools, in this presentation by EACC counselor Lynne Clifton, MSSW, LICSW, PIP, BCC.

**WHEN:**
Wednesday, Feb. 20, noon-1 p.m.

**WHERE:**
Second Floor Training Room

*Light snacks will be served*

**REGISTRATION:**
Go to uab.edu/learningsystem and enroll in “Viva — Stress Management” under the catalog tab.