

Micro Course Monday – Stress(less) Summer

Micro Course	Stress(less) Summer
Date	Monday, April 22nd
Time	3:00-4:00pm
In-Person Location	Dana Hall 228 – campus map – parking in lot 5
Online Link	Live online in Collaborate
Presenter	Farren Lobdell



MICRO COURSE MONDAY

STRESS(LESS) SUMMER

**Join Farren Lobdell
on Monday, April
22nd at 3:00pm in
Dana 228 or live
online in Collaborate**



Summer is on its way. For all the positives that summer holds, it can also be a time of increased stress for many. Find tools to reduce stress this summer.

Still interested in the topic?

Each semester SUNY Canton offers 1-credit and 3-credit courses on the topic of wellness, including mindfulness and yoga. [Wellness course list](#)

Enroll in the [Foundations in Mind-Body Wellness minor](#), which includes 6 courses (18 credits) dedicated to the integration of theory and practice of mind-body wellness and health.