

Health Watch News

THE ANATOMY OF STRESS: UNDERSTANDING & CONTROLLING IT BEFORE IT CONTROLS YOU

Are you stressed out? This program will teach you practical stress-reducing techniques and will include demonstrations such as showing acupressure points for self-healing, breathing exercises and simple stretches for relieving stress.



Most importantly, this program will address the root causes of stress by discussing the mind/body connections of how and why we perceive circumstances in our lives the way we do, and how the perceptions we hold play a role in the level of stress we experience.

The speaker, Dr. Elizabeth Jeffries, is a chiropractic physician who received her Doctorate in Chiropractic from Sherman College. She maintains a practice in the Harmonic Healing Center in Tempe, AZ. Dr. Jeffries also is a certified nutritional consultant, a certified Reiki practitioner and a certified cognitive skills trainer.

DETAILS

Thursday, March 5 | Noon-1pm
University Center, Room 822A

REGISTER ONLINE

www.asu.edu/hr/training

DEADLINE: Thursday, February 26

QUESTIONS?

480.965.4751

Minimum of 15 participants is required.

Mini Health Screening

This "mini" health screening is open to all ASU benefits-eligible employees who have a State of Arizona insurance card.

The 30-minute screening includes:

- Blood Glucose
- Blood Pressure
- Full Lipid Panel
- Body Composition (% body fat & weight)

Fasting is **not** required—and you will get immediate results.

IMPORTANT: Bring your State of Arizona health insurance card to the screening.

REGISTER ONLINE

www.pickatime.com/client?ven=11602212&event=210895



DETAILS

Wednesday, March 25
8am–Noon
UCENT Room 822A

Minimum of 20 participants required



Health Watch News is a publication of the ASU Employee Wellness Program, a division of the Office of Human Resources.
P.O. Box 875705, Tempe, AZ 85287-5705
480.727.6517 | www.asu.edu/hr/employee_wellness/index.html