



## Feeling the stress of academic life?

Come to a free one hour interactive stress management workshop run by your College Wellbeing Officers, learn how stress may be affecting you, and take away some strategies to help you manage stress more successfully.

No need to sign up, just come to the Quiet Study Room in Graduate College Social Hub (room on your left as you enter the building) on **Monday 1st February at 18:00** or Fylde College Common Room on **Wednesday 24th February at 14:00**

Students from all Colleges are invited to either event, they are not College-specific



Lonsdale College



Pendle College



Bowland College



Fylde College



Cartmel College



Grizedale College



The County College