



## Chill with AWIS-PHL

### Learning to Juggle: Realistic Stress Management for Women

by

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Recover from holiday stress and chase away the winter blues with a program of fun activities provided by Drexel University's [Wellness on Wheels](#).

Regardless of the time of year, stress can be your worst enemy. The Wellness on Wheels Relaxation Room workshop transforms any space into a relaxation room providing participants with hands-on relaxation activities as well as resources to walk away with. Activities include kinetic sand, aromatherapy, stress balls, mandalas, and yoga. *(If you wish to participate in the yoga session, remember to wear comfortable clothing and bring a mat or towel)*

**Date:** Wednesday, January 30, 2019 (snow date Wednesday, February 13, 2019)

**Location:** Graduate Student Lounge, 010A – Basement, Main Building  
Drexel University, 3141 Chestnut St., Philadelphia, PA  
Directions and Campus Map: <https://drexel.edu/about/directions/>  
Choose “University City Campus” – Main is #1 on that map

**Time:** 6:00 P.M.

**Price:** Students and Postdocs \$15  
AWIS/AWIS-PHL Members \$18  
All others \$20

**Preregistration is required:** <https://awisphl.org/events/jan2019/>

**Registration Deadline:** Noon, Friday, January 25, 2019

**Cancellation with refund permitted through noon Tuesday, January 29, 2019**

*For questions, payment alternatives, or late registration, email [rsvp@awisphl.org](mailto:rsvp@awisphl.org)*